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VOLUME 15, NUMBER 49

WEDNESDAY, JUNE 24, 1998

FIFTY CENTS

2nd Patriots in Park will eclipse the first

Several new events being planned

By Scott Kelly
Staff writer

Patriots young and old will gather in Wilson Park next week to celebrate Independence Day the Granite City way.

The second Patriots in the Park celebration is ready to go July 2-5 in Wilson Park and around the city. New events this year include the 5K Walk/Run around Wilson Park, a photo contest and musical accompaniment for the fireworks display.

Last year, more than 14,000 people showed up for the fireworks display July 4, said Dave Polivik, director of parks and recreation. This year, park officials and



Patriots in the Park steering committee members expect more.

"Last year we spent \$15,000 on the fireworks display, and it was the fifth largest in the state," he said. "This year, we spent \$20,000 ... and will have a

computer synchronized soundtrack, something Granite City has never had before in 35 years of fireworks."

Another special attraction on July 4 is the Imperials. "They're a very well-respected, nationally-renowned gospel group," Polivik said. The group has sung for years, and once opened for Elvis Presley.

Other special events include the awarding of a \$100 savings bond to Hillary Aerts, 18, who won the Patriots in the Park essay contest. Also, two seniors from the high school speech

See PATRIOTS, Page 6A



John Swistak Jr. photo
John Lowe Jr. of Local 633 in Granite City competes in last week's Statewide Apprentice Contest in Collinsville.

Carpenters test their skills

Contest pits 34 apprentices against one another

By Nicole Vaughn
Staff writer

Collinsville's Gateway Center became a construction site Wednesday when about three dozen carpentry apprentices competed in a statewide contest.

The 31st annual Statewide Apprentice Contest lasted more than eight hours as 34 contestants in five divisions tested their skills. They competed in general carpentry, mill-cabinet,

millwright, interior systems and floor coverings.

"There was a whole lot of work going on and we had some really great projects come out of this," said Gary Eversmann of Collinsville, apprentice coordinator for the Southern Illinois District Council of Carpenters.

The 34 contestants represent four districts, Eversmann said.

See SKILLS, Page 2A

Celebration begins July 1

The schedule of events for the Patriots in the Park celebration includes:

Wednesday, July 1
5 to 11 p.m. — Rides and concessions open.

Thursday, July 2
1 to 5 p.m. — Purchase armbands, cost \$7 to ride all the rides for no additional charge.
6 to 11 p.m. — Rides and concessions open.
7 to 9 p.m. — Music by The Country Music Machine at Centennial Pavilion.

Friday, July 3
1 to 4 p.m. Old Six Mile Museum tours, 3279 Maryville Road.
1 to 5 p.m. — Matinee. Purchase tickets for 50 cents each, one ticket required for each ride during the matinee.

1 to 6 p.m. — Face painting; Armed Forces information booth; pony rides; "mud volleyball tournament; softball tournament;

See CELEBRATION, Page 6A

County Transportation Plan nearing completion

By Scott Cousins
Staff writer

Madison County Transit officials say the long-awaited Long Range Transportation Plan is nearing completion. The \$500,000 plan — a joint venture by MCT and Madison County — plots the course for the county's

transportation infrastructure through 2020. The plan will consider everything from airports to bicycle trails. David Sharfraz, director of planning for MCT, said consultants were in the last stages of the plan, mapping out different scenarios and situations and how they would affect the region.

Those scenarios range from doing nothing to improve the county's transportation system to the closing of the McKinley Bridge. MCT and county officials have said that without the plan, obtaining funding for improvements would be difficult — if not impossible. So far, the only information to come out of the plan is projected

population and employment figures for the county. Earlier this year, MCT released figures showing that both population and the number of jobs in the county is expected to increase dramatically by 2020. Those figures were based on analysis of existing estimates developed by organizations such as

East-West Gateway Coordinating Council, and were modified to take into account the impact of significant developments such as Gateway Commerce Center and eastward population growth. According to demographic projections, Madison County will be

See COUNTY, Page 3A

Man charged with kidnapping

By Scott Kelly
Staff writer

A Granite City man has been accused of stealing a car and kidnapping the 5-year-old girl inside before leaving her at a friend's house and heading out drinking with his buddies. Police arrested Kevin I. Smith, 27, of the 2200 block of Washington Ave. after a strange turn of events. Madison County Sheriff's Department received a call from a frantic Cahokia mother at 6 p.m. Saturday. She said her car had been stolen and her daughter was missing. The 1990 Chevrolet Cavalier was taken from the Citgo service station

See KIDNAPPING, Page 5A

Granite City Journal

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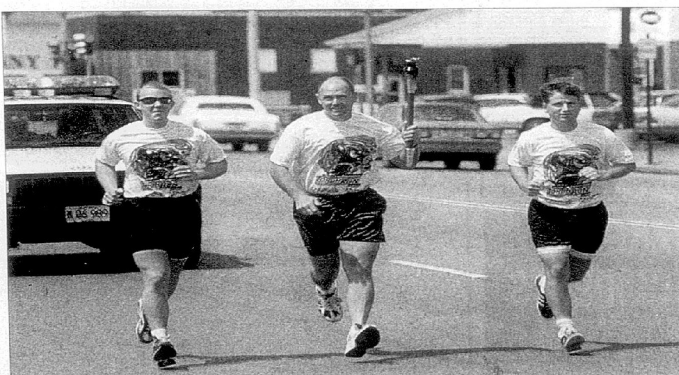
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Torch run

Granite City Police Officer Nick Huniak, center, carries the torch in the the Illinois Law Enforcement Torch Run, flanked by his son Nicholas, left, and officer Mike Parkinson, right. The run was to benefit the Special Olympics.

John Frese photo

Man dies in accident on bridge

By Scott Cousins
Staff writer

A Madison man was killed in a one-car accident early Monday morning on the McKinley Bridge in Venice.

Donald L. Harris, 24, of Madison, was pronounced dead at the St. Elizabeth Medical Center emergency room at 2:04 a.m. Monday of multiple trauma, according to the Madison County Coroner's Office.

Venice Police reports stated that Harris was eastbound on the bridge at approximately 1:15 a.m. in a 1996 Chevrolet Monte Carlo when he struck an outside safety rail near the turn to the toll plaza. The car bounced off several rails before coming to a halt.

See ACCIDENT, Page 3A

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News

Skills get put to test in carpenters' contest

Continued from Page 1A

Five local apprentices were selected May 30 from a district competition at Belleville Area College, Eversmann said. The Southern Illinois District represents 39 counties.

In interior systems, David Jansen of Collinsville and John Lowe Jr. of Granite City spent the day performing tasks like installing the grid for a drop ceiling and other metal works.

For general carpentry contestants John Mormann Jr. of Columbia and Thomas Heintz of Waterloo, the day was spent

building a wishing well. Heintz's creation took third place. Robert Kleiboecker of Jamestown, near Freeburg, worked Wednesday on a two-drawer oak filing cabinet. His project won second place.

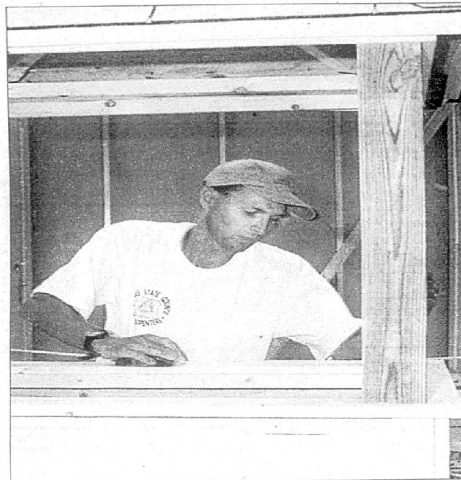
It was the first time the event featured female contestants, and one — Amy Danielczyk of Chicago — took first place in interior systems. The other woman competed in the millwright division, Eversmann said.

Organizers were pleased with this year's event. "This was the largest group of spectators I've ever seen, and it was the

best state contest anybody could remember," Eversmann said. Illinois is one of the few states to still hold such competitions, due in part to a growing interest in the apprentice program. There are 375 in the Southern Illinois District and more than 3,000 apprentices statewide, he said.

The growth spurred the construction of a new training center in Belleville at 2290 S. Illinois more than two years ago. The group is preparing to break ground on a new addition to that site very soon, Eversmann said.

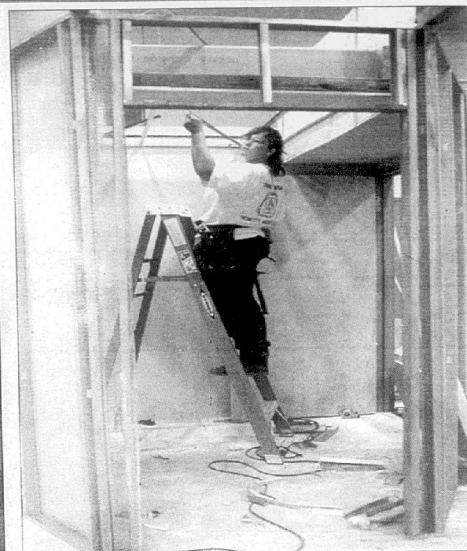
The 60-by-100-foot addition will feature two classrooms, a shop area and a lunchroom.



Thomas Heintz of Waterloo, a member of Local 169 in East St. Louis, sands off a piece of wood.



John Mormann Jr., of Local 1997 in Columbia.



Amy Danielczyk of Local 1889 in Chicago competes in the contest.

Microchip implanting for pets offered

Microchips will be implanted into pets during a Chipathon from noon to 4 p.m. Sunday at the Metro East Humane Society, 8406 Illinois 143, Edwardsville. An AVID microchip will be placed in the pet for \$15. Each additional pet brought in by an owner will receive a microchip for \$12. Due to a limited number of microchips, they will be made available on a first-come, first-served basis. There will be free gifts for pets and owners. Dogs must be on leashes.

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Edwardsville team honored again

County Board is latest to cite undefeated baseball team

By Scott Kelly
Staff writer

The honors keep coming for the Tigers, this time from the Madison County Board.

At the Board's regular meeting last Wednesday, Board Chairman Rudy Papa presented Edwardsville Tigers baseball coach Tom Pile a plaque honoring him and his team for their tremendous accomplishments, which include winning their second Class AA state championship

and setting a record for winning 40 games and going undefeated in 1998.

"We weren't the biggest team up there but we had the biggest heart," Pile said. "We'll cherish this rest of our lives."

Pile, 53, is stepping down as coach, but will continue to teach history at Edwardsville High School. He leaves a 507-149 record as Tigers coach, spanning 18 seasons, all of them winning seasons.

The 1990-91 Tigers team had a 64-game winning

streak that set a state record but fell only four games short of setting a national record.

The Tigers are the only team in AA history to win 40 straight games, Papa said. Pile is also the first coach in Illinois history to win the state baseball championship twice.

"When he was 17 at Winchester I was 26 and was the head coach of varsity at Bethalto," Papa said.

Last Wednesday, his team was out working a baseball clinic just after being thrown a victory parade the day before, Pile said, pointing out the level of commitment his team had to be so successful.

ESL reunion set

The East St. Louis Senior High School Class of 1988 will host its 10-year class reunion July 10-12.

All members of this class should call Wesley Moore at 224-2581 for more information. Deadline for registration is July 5.

Board OKs environmental controls for high school

Similar system succeeded at middle school

By Scott Cousins
Staff writer

A contract to replace environmental controls at Madison High School was approved by the School Board at Thursday's meeting.

The contract was awarded to EPM — a St. Louis-based company that did a similar project at Madison Middle School.

The work includes adding or replacing pneumatic controls, night setbacks and system monitoring and controlling equipment at a cost of about \$220,000, said Superintendent Gary Allison.

"Ultimately the controls will pay for themselves with reduced energy and maintenance costs," he said. He said the middle school project has been very

successful — saving an estimated \$65,000 in the past year — and will probably pay for itself more quickly than anticipated.

The Board also approved a joint agreement resolution with the Collinsville Area Vocational Center.

Allison said the Madison district had had an agreement with the center for the past few years. With the new agreement in place, he said, students would be able to take advantage of more vocational programs.

He estimated one or two students might participate in

the center's vocational programs in the coming year.

In other business, the Board approved a number of personnel matters, including:

- ✓ Hiring Timothy R. Miller as a social worker intern for the 1998-1999 school year.
- ✓ Accepting letters of retirement from Blair School custodian John Darden, and Harris School teachers Mary Kaeser and Louella Moreland.
- ✓ Approving hiring two elementary teachers for the 1998-1999 school year.
- ✓ Hiring a media clerk.
- ✓ Hiring a substitute custodian.

Conference set at Mounds

By Nicole Vaughn
Staff writer

Many of the Cahokia Mounds State Historic Site's secrets may never be unearthed, but it won't be for lack of digging.

On Friday and Saturday, researchers, some of who have spent years working at the site, will share their insights and valuable information during an archaeological conference called "Platforms of Power: Mound Form and Function at Cahokia." The program, which is free, will run from 9 a.m. to 4 p.m. each day at the Mounds' Interpretive Center.

Both past and current research by 20 archaeologists will be featured during the program. Dr. Henry Wright will give the keynote address, "A Global Perspective on

Bill Isenminger of the Mounds' educational staff said that most of the information to be presented has not been published or has been only marginally reported.

"For several years, we've talked about putting together a publication on a lot of these things," Isenminger said. "We thought it might be interesting to present it all first."

Both past and current research by 20 archaeologists will be featured during the program. Dr. Henry Wright will give the keynote address, "A Global Perspective on

See CONFERENCE, Page 4A

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County Plan nearly complete

Continued from Page 1A

home to an estimated 306,000 people in 2020.

That is a 23.1 percent increase over the 1990 population of 248,025.

That is an annual growth rate of .08 percent. An annual growth rate of .05 percent is typical of regions growing at a steady pace, according to information provided by MCT.

Most of that growth will be in areas above the bluffs.

Accident is fatal to Madison man

Continued from Page 1A

Police said the car appeared to have been traveling at a very high rate of speed.

Harris was apparently ejected from the vehicle. When police arrived, they found him unconscious about 20 feet from the vehicle, bleeding profusely from head wounds.

The car was registered to Durand N. Yancy of the 5100 block of Highland Street, St. Louis.

Police found an open bottle of Hennessy Cognac under the driver's seat of the vehicle, and also discovered what they believe to be marijuana in the vehicle's ash tray.

A spokesman for the Madison County Coroner's Office said lab tests are pending.

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Obituaries

Livonia Cuvar

LIVANIA "NETTIE" (BARNETT) CUVAR, 86, of Granite City died at 1:40 p.m. Saturday, June 20, 1998, at University Manor in Edwardsville.

Mrs. Cuvar was born Nov. 11, 1911, in Jefferson County, Mo. She was a member of the Calvary Pentecostal Church.

Survivors include her daughters, Jonnie Williams of Mitchell and Alta Wilson of Granite City; two sisters, Ruby Moss of Haines City, Fla., and Ruth Gardner of Cole Hill, Ark.; one brother, Auburn "Doc" Barnett; eight grandchildren, 19 great-grandchildren, and one great-great-grandchild.

She was preceded in death by her husband, Martin Cuvar, parents, Henry and Zeffie (Price) Barnett; daughter, Crystal Mae; and brothers and sisters, Jewel Long, Charles Barnett, Lamon "Horse" Barnett, Elvie Barnett, Teppie Barnett and Johnnie Barnett.

Services were Tuesday, June 23, at Thomas Memorial Mortuary, 2006 Ponton Road, Granite City, with the Rev. Mark Maynard officiating. Burial was in Sunset Hill Cemetery in Glen Carbon.

Memorials may be made to the Hospice of Madison County.

Alyce Miller

ALYCE MILLER, 84, of Indianapolis, formerly of Granite City, died Wednesday, June 3, 1998, at Parkway Healthcare Center in Lebanon, Ind.

Mrs. Miller was July 22, 1913, in Granite City. She graduated

from Granite City Senior High School in 1931.

Survivors include her son, Robert Miller Jr. of Labanor, Ind.; one sister, Esther Davis of St. Louis; three grandchildren; and five great-grandchildren.

She was preceded in death by her husband, Robert Miller Sr.; parents, Edward and Vesta (Halt) Earmey; three brothers, William, Fran and Herman Earmey; and three sisters, Emma Steinberg, Ella Pearson and Roberta Feder.

Graveside services were Monday, June 8, at Sunset Hill Cemetery in Edwardsville.

Memorials may be made to the charity of the donor's choice. Myers Mortuary handled the arrangements.

William Gibson

WILLIAM W. GIBSON, 79, of Granite City died Friday, June 19, 1998, in Granite City.

Mr. Gibson was born March 13, 1919, in Kentucky. He was retired from Johns Manfield as a roofer. He was a member of the Ameri-

can Legion, and a U.S. Army World War II veteran.

Survivors include his wife, Ruby (Payne) Gibson; three sons, Larry Gibson and Ronnie Gibson both of Granite City, and Bill Gibson of Edwardsville; one daughter, Brenda Gibson of Granite City; one sister, Kathleen Cobb of Drakesboro, Ky.; seven grandchildren; one grandchild; and five step-great-grandchildren.

He was preceded in death by his parents, Walter and Mattie (Stanley) Gibson; one brother, Jesse Clarence; one son, Tommy Gibson; and three sisters, Tilley Besserman, Mertie Gray, and Opal Lumpkins.

Services were Tuesday, June 23, at Werner Chapel in Granite City, with the Rev. Eddie Linhart officiating. Burial was in Sunset Hill Cemetery.

The Journal will publish obituaries up to two weeks following the funeral services. Although most obituaries are received from local funeral homes, obituary notices can be sent to the newspaper at East St. Louis Journal, 219 N. Illinois St., Belleville, 62220.

News

Man guilty of Public Aid fraud

By Cheryl A. Moody
Staff writer

A Smithfield resident has admitted to defrauding the Department of Public Aid out of more than \$2 million.

David Yociss, 56, an employee at Home Pharmacy Services in Belleville, pleaded guilty last week to making false statements about fraudulent bills submitted to the Illinois Department of Public Aid.

Yociss admitted to setting in place a procedure where returned medications at the pharmacy were placed back into inventory, without crediting the IDPA. He also admitted to causing HPS to continue billing the IDPA, even though he knew that the pharmaceutical company actually owed the IDPA over \$2 million.

Yociss faces up to five years in prison, up to \$250,000 in fines and possibly \$500,000 in restitution. His sentencing date

is set for Sept. 18.

HPS supplies prescriptions to residents of nursing homes and mental institutions in southern Illinois. Medicine returned by Medicaid patients is to be destroyed or credited.

However, the returned medicine was not being credited and the government was even recharged for the returned medicine when it was reused.

The fraudulent procedure was discovered after two HPS employees, who are also

sisters, Margo Green and Debbi Chinn, became suspicious and began to solicit help to confirm what they believed to be fraudulent activity.

Eventually, the Illinois State Police, Department of Health and Human Services and Drug Enforcement Agency became involved. After a 15-month long investigation, the pharmacy was raided by police, the FBI, and other agencies in May 1996.

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No matter how good a gardener you are, there will occasionally be problems that will pop up, despite your best efforts. And those problems play no favorites. They'll come around and disturb every gardener, from those who can create living masterpieces to the ones who have a tough time getting sod to take root. What are the problems? Garden pests.

These can range from grubs in your lawn, leaf miners on your birch tree to worms in your apples. An army of pests is out there just waiting to make your life miserable. Or, perhaps they already have.

Many times you can sit back and let nature take care of the problem, but not always. When the time comes to take action, you can win the battle against these enemies rather easily.

Following is a list of the types of products available to emerge victorious in the war against pests.

Dursban Insect Spray. This controls insects on lawns and ornamentals.

Wasp & Hornet Killer. Does just what the name implies. It kills on contact from up to twenty feet away.

Home Insect Control. Does a number on roaches, ants, spiders, crickets, silverfish and other annoying pests that invade your home.

Rose & Floral Insect Spray. Protects roses, ornamentals, flowers, trees, shrubs and vegetables.

Diazinon. Kills pests in the lawn, soil and garden.

Malathion. Controls insects on lawns and ornamentals.

When you shop for pest controls, you'll encounter such terms as systemic, contact, residual, etc. What do they all mean? Not knowing can mean buying the wrong product, wasting time and money. To clear up the confusion, here's what you'll need to know.

A contact insect control must touch the pest to be

effective. It is applied to the pest and plant on which the pest is feeding.

A systemic control is sort of like magic. Pests on all plant parts are controlled, even those not actually touched by the product. The systemic product is applied to the soil or foliage and the active ingredient circulates throughout the plant. A systemic product doesn't take effect immediately; it usually will be a few days before you notice anything.

The active ingredient is the chemical in the product that does the work. Residual is the length of time a product's active ingredient remains effective. A systemic usually has a longer residual than a contact pest control.

Natural pest controls are tough on the bad guys, but friendly to helpful insects and other garden friends. These products include botanicals, biologicals and insecticidal soaps.

Botanicals contain plant extracts that just happen to have natural pest control properties. Biologicals use natural enemies to control pests. Insecticidal soaps are similar to household detergents, but they're not to be used to cleaning dishes and silverware. Instead, they're loaded with pest-fighting power, and are meant to control insects and their relatives.

Now that you have all the info on what controls what and why, you can shop with confidence. And rid your surroundings of those annoying pests!

Shop any of these ten convenient Frank's locations

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OVERLAND

8201 Page (314) 429-5155

NORTH COUNTY

11015 Old Halls Ferry (314) 355-8534

BALWIN

15031 Manchester Rd. (314) 256-8777

KIRKWOOD

1152 S. Kirkwood (314) 821-8866

SHREWSBURY

125 Kennick Plaza Dr. (314) 962-8878

ST. LOUIS

4650 Lansdowne (314) 351-4010

FAIRVIEW HEIGHTS, IL

110 Commerce Lane (314) 397-1251

Conference set at Mounds

Continued from Page 3A

Mounds as Monuments," at 7:30 p.m. Friday.

The papers will address several projects from excavations on Monk's Mound to the reanalysis of materials from previous mound excavations that can be restudied today using new technology.

"We've got a fascinating history right in our own back yard," Isenminger said. "This is a great way to learn about some of it."

Many of the talks will feature slide presentations or artifact displays.

An overview of the two-day schedule follows:

Friday

9 a.m. — Methods

Ritual Modules and

Promontories of the South Side

1:30 p.m. — Ridge Tops and

Elite Mortuaries

The Peripheral Platforms

Saturday

9 a.m. — The Upper East Side

The West Side Story of the

East Plaza

1:30 p.m. — At the Core:

Monk's Mound

For more information about

the program, call 346-5160.

To Clear Up Some of the Confusion About Managed Care Plans...

Memorial currently participates in the following plans:

Health Maintenance Organizations (HMOs)

•BlueChoice

•Cigna Health Plan

•Group Health Plan

(Selected products-Check with GHP)

•Care Management Resources

•Advantra

(Selected products-Check

with GHP)

•HEALTHLINK

•Health Partners

•Principal Health Care

(formerly MetLife HMO)

•United HealthCare -

Various Plans

Preferred Provider Organizations (PPOs)

•Alliance (Right Choice)

•Blue Cross Blue Shield of Illinois

(Federal Employees-FEP, Illinois

Power, Ameritech/Illinois Bell,

Wal-Mart)

•Cigna Healthplan

•HEALTHLINK

•Aetna Health Plans

•Unicare State of Illinois Health Plans

(Local Government, Teachers' Choice,

Quality Care)

•HealthStar

•Primary Care Network

•Preferred Plan

•Private Healthcare Systems

(Mail Handlers, Team Care, etc.)

•United HealthCare - Various Plans



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News

Patriots in the Park to grow

Officials expect big crowd for second year of event

Continued from Page 1A

and drama department will perform 3-minute orations from Ben Franklin and John Adams on the fourth.

Carriage rides, a petting zoo, face painting, a 911 information booth, an Armed Forces information booth, pony rides, mud volleyball and softball tournaments plus a car show, a craft show and Civil War and Illinois Territorial Rangers encampments are scheduled in addition to the concessions, music and carnival rides (see related story for event times).

Also, the Old Six Mile Museum, 3279 Maryville Road, is offering tours. A photo contest is also set for this year. Photos may be of any event during the celebration. The winner will be awarded a patriot logo wristwatch.

Patriots in the Park began last year, and is well on its way to becoming an annual event. Previously, the park district had always

offered fireworks and a carnival.

"Last year through sponsorship this thing really took off," Polivik said. "The first year out of the chute we had about \$14,000 in sponsorship. This year we have about \$22,000 in sponsorship."

Some sponsors even doubled the amount they offered last year, he said.

Sponsors for the Patriots in the Park are Pepsi; the Belleville News-Democrat; Prairie Farms; Shop N Save; Granite City Steel Co.; Granite City Steel and Community Federal Credit Union; Evenson Chiropractic, P.C.; Hopkins Goldenberg, P.C.; St. Elizabeth Medical Center and Providence Occupational Health Services;

Lueders, Robertson and Konzen; Omni Bank; KIX-FM 106.5; Granite City Health and Welfare; Central Bank; Prestige Printing; Granite City Firefighters Local 253; Granite City Glass and Fence; Weber Chevrolet; KTRS-AM 580; Charlotte's Place Trophies; Graphic Designs by Scott Collett; and special thanks to Granite City School District #9.

Celebration in the park will begin July 1

Continued from Page 1A

and Civil War re-enactment encampment.

6 to 11 p.m. — Rides and concessions open.

8 to 10 p.m. — Cajun Night. Music by Zydeco Crawdaddies at Centennial Pavilion. Cajun food, Mississippi Mud Tea offered.

Saturday, July 4

8 to 10 a.m. — "5K Walk/Run around Wilson Park"

1 to 4 p.m. — Old Six Mile Museum tours.

1 p.m. to midnight — Rides and concessions open.

1 to 6 p.m. — Carriage rides; petting zoo; face painting; 911 information booth; Armed Forces information booth; pony rides; mud volleyball tournament; softball tournament; Civil War re-enactment encampment; and Illinois Territorial Rangers encampment.

3 to 5 p.m. — Music by the Casuals Country Band at Centennial Pavilion.

5 to 7 p.m. — Music by Dixie Land Jazz Kings and the Waterloo German Band at the Centennial Pavilion.

6 p.m. — Gospel group The Imperials performs on the Coolidge Middle School grounds.

8 p.m. — 100-member choir performs musical concert and revue on Coolidge Middle School grounds.

9:15 p.m. — Fireworks display at Coolidge Middle athletic fields accompanied by computer synchronized soundtrack.

Sunday, July 5

10 a.m. to 4 p.m. — "The 4th annual car show"

10 a.m. to 5 p.m. — Craft Show at the Ice Rink.

1 to 4 p.m. — Old Six Mile Museum tours.

1 to 5 p.m. — Firemen's Rodeo.

1 to 5 p.m. — Matinee. Purchase matinee tickets for 50 cents, one ticket required for each ride.

1 to 6 p.m. — Carriage

rides; petting zoo; face painting; 911 information booth; Armed Forces information booth; pony rides; mud volleyball tournament; softball tournament; Civil War re-enactment encampment; and Illinois Territorial Rangers encampment.

2:30 to 5 p.m. — Police canine demonstration.

6 to 11 p.m. — Rides and concessions open.

7 to 9 p.m. — Granite City Community Band in concert at Centennial Pavilion.

* — Preregistration is required for the Walk/Run and the mud volleyball and softball tournaments. Call 877-3059 for details.

* — Advanced registration fee until July 2 is \$8; after July 2 to day of show (8 a.m. to noon), \$12. For information, call Tim at 462-3101.



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News

In the military

MICHAEL A. O'DELL has been promoted in the U.S. Air Force to the rank of airman first class. O'Dell is a satellite systems operator assigned to the 3rd Space Operations Squadron, Falcon Air Force Base, Colorado Springs, Colo. The 1996 graduate of Granite City Senior High School is the son of Pamela R. and Ronald D. Bates of Granite City.

Navy Seaman Recruit **APRIL M. GLOWACKI**, daughter of Barb J. and stepdaughter of James Mersinger of Granite City, recently completed U.S.

Navy basic training at Recruit Training Command, Great Lakes, Ill. Glowacki is a 1995 graduate of Granite City Senior High School.

Marine Pvt. **SARAH J. HADDIX**, daughter of Bunnie M. Haddix of Granite City, recently completed basic training at Marine Corps Recruit Depot, Parris Island, S.C. Haddix is a 1997 graduate of Granite City Senior High School.

Navy Fireman Recruit **JASON W. PELLAZARI**, son of Darrell W. Pellazari and Betty J. Clark, both of

Granite City, recently completed U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill.

Do you have a military item for this column? The Press-Record/Journal particularly wants pictures of your loved ones in action where they are serving. If possible, do not send the only copy you have of a picture.

Send your photos and military news to: The Granite City Press-Record/Journal, 1815 Delmar Ave., Granite City, IL 62040.



Surprise

Tiffany Bax, sixth-grade teacher at Frohardt Elementary School, was surprised by her students, friends and fiancé with a party June 5 to celebrate her upcoming July 1 wedding to Chris Kahn, and also thank her for teaching 31 students during the past year. Granite City Police Officer Phil Popmarkoff helped with the surprise by taking Bax and a few students to lunch while the rest of the students decorated the classroom.

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PSOP seminars
will focus on
Alzheimer's

As part of its 1998 Senior Wellness Series, Belleville Area College's Programs and Services for Older Persons will provide lunch seminars in July focusing on Alzheimer's disease.

The series is a six-month program co-sponsored by BAC. The program began in March and is designed to provide basic and up-to-date information on various wellness topics affecting senior citizens. Each monthly topic is presented at 10 nutrition sites in St. Clair County. Scott Kuhnert and Lisa Hempen, prevention specialists with Mid-America Behavioral Healthcare Inc., will make the presentations.

Registration is not required, and presentations at all sites are free. The following is a list of nutrition sites and the dates of presentation:

- Belleville East Dining Site, 201 N. Church St., 277-6571 — 11 a.m. July 1
- Cahokia Dining Site, 190 Cahokia Park Drive, 337-9515 — 11 a.m. July 28
- Caseyville Dining Site, 10001 Bunkum Road, 398-4104 — 11:15 a.m. July 20
- Dupo Dining Site, 240 S. Fifth St., 286-9896 — 11 a.m. July 8
- Lebanon Dining Site, 219 East St. Louis St., 537-6748 — 11:30 a.m. July 23
- Lenzburg Dining Site, 215 N. Charles St., 475-3347 — 12:30 p.m. July 23
- Millstadt Dining Site, 102 S. Jefferson St., 476-3731 — 11 a.m. July 16
- New Athens Dining Site, 100 S. Benton St., 476-3683 — 11:30 a.m. July 22
- O'Fallon Dining Site, 801 E. State St., 632-4875 — 11 a.m. July 22
- Smithton Dining Site, 711 S. Main St., 236-1200 — date not scheduled.

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- ☆ Dr. Christina L. Midkiff, M.D., OB/GYN
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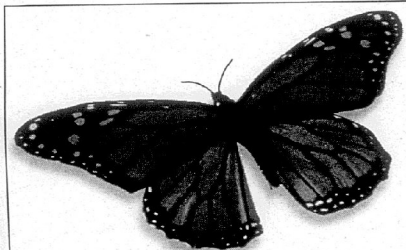
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News

Agencies attack East St. Louis' derelict building problem

By Jason White
Staff writer

Residents and government agencies have identified derelict structures as one of the biggest problems facing East St. Louis.

An estimated 1,600-2,000 derelict structures are havens for drug dealers and prostitutes, officials say. Rats and stray dogs make their homes in them. Homeowners next to them risk losing their homes to fire and often pay higher rates or lose their insurance.

Derelict properties deter potential residents from moving in and contribute to current residents moving out, feeding a cycle of abandonment.

Although the problem seems intractable, government agencies, neighborhood groups and nonprofit organizations are making an effort to rectify it.

The city's Code Enforcement Demolition Program has demolished 341 structures from August 1995 to April 1998. The federally-funded program is administered by the Community Development Block Grant Operations Corp., a nonprofit agency that runs the program in conjunction with the city's Regulatory Affairs Department and legal department.

The program targets properties on recently improved streets; properties next to occupied houses; properties within 1,000 feet of churches, schools, day care centers, nursing homes and community centers; properties on major thoroughfares; and properties next to businesses.

"We've been able to look at a major community ill in our neighborhoods, and we've seen some improvements," Community Development Coordinator Dale Cook Jr. said.

With that progress, it's human nature — you want to see more," Cook said. "With any situation that's been neglected, it takes some time to begin to have a solution."

Other demolition programs are under way through the federal Enterprise Community, the city's Tax Increment Financing Department and St. Clair County.

In 1995, the city's Demolition Task Force secured resolutions from eight East St. Louis taxing districts to use auction receipts from tax delinquent property sales to demolish county-owned properties.

About 500 of the 1,600 derelict structures in East St. Louis. The Enterprise Community has torn down about 50 structures, and the county has demolished about 100. The TIF funds are being used to demolish structures in redevelopment areas.

Numerous obstacles slow the demolition efforts.

Because of pressure to get land back on the tax rolls, the county sometimes sells properties with condemned structures still in place, a concern that Cook called a "massive problem" in an April 1996 letter to Will McGaughy, chairman of the county board's Trustee Committee.

Another problem is uncooperative owners. Identifying and locating property owners can be a time-consuming process.

"There are property owners that we know who have played shell games," Cook said. "People are becoming more crafty in how they deal with their problems."

But perhaps the biggest obstacle is money. It costs about \$4,500 to tear down and landfill a one-story frame house, and commercial

buildings, brick houses or structures with basements can cost significantly more.

There is also a need for more stringent code enforcement to prevent structures from becoming derelict in the first place, said

Kathleen O'Keefe, an attorney with the Neighborhood Law Office in East St. Louis and a fellow of the National Association of Public Interest Law.

"There needs to be a desire to make all owners responsible

for keeping their properties up to code and keeping them safe," O'Keefe said.

The law office, an outreach of Catholic Urban Programs, works with neighborhood groups and individuals to file suits against owners of derelict

property. State law authorizes private citizens to prosecute violations of municipal codes.

But to do that, they need a building inspection, something that's difficult to get in a city with few building inspectors. O'Keefe agrees that progress

has been made, but says more needs to be done.

"Other properties have since become derelict because there's no one to say to property owners: 'Fix this up,'" she said. "I think it takes a political will on the part of the city."

Vacation Celebration!

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Free motorcycle courses offered

Free motorcycle courses will be offered in the area June 26. Course 10 is Friday, June 26, from 9-11 p.m. and Saturday and Sunday, June 27-28, from 8 a.m. to 6 p.m. at Southern Illinois University at Edwardsville.

Course 13 is Friday, June 26, from 9-11 p.m. and Saturday and Sunday, June 27-28, from 8 a.m. to 6 p.m. at Belleville Area College.

Motorcycles, helmets and insurance are provided free. Students enrolling must be 16 years of age. Students must also be Illinois residents and possess a valid drivers license or permit. Sixteen- and 17-year-olds can use the course to obtain a Class M license. For those 18 and older, this course will waive the Driver Facility's riding test and obtaining a motorcycle license.

For registration or further information on the Motorcycle Rider Program, contact Southern Illinois University at Carbondale toll free at 1-800-642-9589.

Questions Pile up

Who will be Tiger skipper next year?

As the summer wears on, the most commonly asked question around American Legion baseball circles has been: "Is coach Pile really resigning at Edwardsville High?"



Art Voellinger
Sports Views

Even before this season's record 40-0 run to a state Class AA title, the 53-year-old guru of Tigers baseball — that's Tom Pile, of course — has hinted at health woes that have become a burden as he tries to coach.

A diabetic who also suffers from chronic neck problems, Pile posted a 507-149 record in 18 seasons at Edwardsville, including seven 30-win seasons, two state titles in 1990 and '98, a runner-up in '91 and a state-record 64-game win streak in 1990-1991.

Yet, numbers like that make it difficult to believe the coach would quit. Pile also has coaches with him, such as pitching coach Mike Waldo and long-time assistant Dennis Butler, who are most capable of running the Tigers varsity while Pile can limit himself to coaching third base — if that's what he wishes.

Would he do that? My bet is no. As an opposing coach at O'Fallon High, I've watched Pile hit infield and outfield practice — and he is constant movement while talking to his players before, during and after games.

In addition, there's no telling how many hours the nationally recognized coach spends at practice. Logically, the next question is: "Who will replace Pile?"

My answer is Tim Funkhouser, the youthful coach at Triad High, who is an Edwardsville graduate, is a disciple of the Tigers coach, as is Dave Vieth, the highly successful coach at Nashville.

At the recent St. Louis Sports Commission banquet recognizing conference baseball and softball champions, I asked Funkhouser, whose dad, Paul, preceded Pile at Edwardsville, about the possible vacancy.

"I've heard about (Pile resigning), and I'd be interested," said Funkhouser, who took several Triad players to the state tourney in Geneva after the Knights won the Mississippi Valley Conference title.

While Funkhouser gained a victory over his mentor in the 1997 season, the last team to defeat Edwardsville was Belleville West, which advanced to state in '97 as the result of a 2-1 sectional win at Edwardsville.

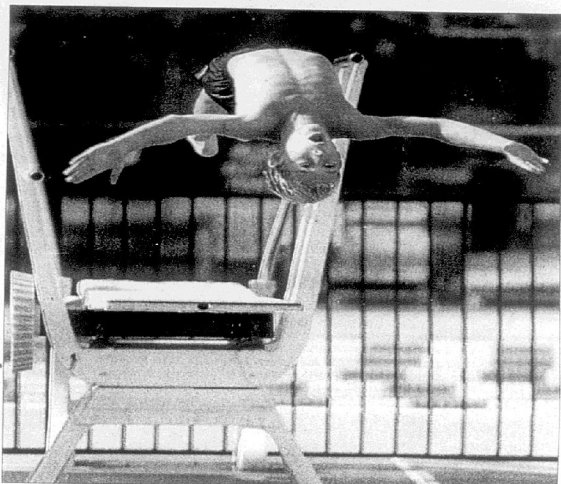
"I've always enjoyed coaching against Tom," said West coach Chuck Hasenstab, the dean of area baseball coaches with 32 seasons with the Maroons.

A 2-1 loser to Edwardsville in one of their Southwestern Conference games this season, Hasenstab recalled Pile as an "excellent umpire before he became the varsity coach."

"If he doesn't coach and he is able to umpire, I wouldn't be surprised to see him back at this health permits," said Hasenstab. "I just can't see him out of baseball."

Extra innings

The Edwardsville varsity baseball roster this spring included 13 seniors, 13 juniors and one sophomore. The Tigers were 10-13 on the sophomore level and 19-3 in freshman games.



John Frese photo

Diving in

The Paddlers Swim Club's Ashley Stride, 8, performs a dive in Southwestern Illinois Swimming Association competition last week between her club and Sunset Hills.



John Frese photo

Leg up

Ishmahm Mohsen is one of several players from the area who will compete for the Region 10 soccer team.

By Scott Marion
Staff writer

The Southwestern South open women's soccer team for the

PRAIRIE STATE GAMES SOCCER

1998 Prairie State Games will have a familiar look to McKendree College fans.

The Region 11 squad will be coached by Shelley Landa, who will be entering her second season as head coach at McKendree.

The roster includes six current McKendree players and five former Bearcats.

"This is my first year with the Prairie State Games," said Landa, a former club

coach in St. Louis who also spent one season as an assistant for the Missouri Olympic Development Program. "This region didn't have (an open women's team) last year, so I'm just glad we can have one this year."

"We had a good turnout for tryouts (May 30-31). We've been practicing twice a week, but sometimes it's hard to get people to show up for practice because jobs and family come first."

Former McKendree players for Southwestern South include goalkeeper Mikla Economy (from Granite City), midfielders Hillary Heins and Diane Rogol, forward Cindy Galtier and midfielder/back Karen Mudd. Current Bearcats on the squad are goalkeeper

Coach: Region 10 squad should serve up medal

By Bill Hester
Correspondent

Stacey Coffman is hoping to come home with a double dose of medals from the Prairie States Games.

PRAIRIE STATE GAMES VOLLEYBALL

Coffman, who was a former standout at Civic Memorial High School and McKendree College and is the current varsity coach at her high school alma mater, is coaching the Southwestern North scholastic women's team this weekend in competition at Southern Illinois University at Edwardsville.

She will also compete on a team in the open women's division at the Prairie State Games.

"I love coaching volleyball," Coffman said. "I think coaching is as much fun as playing."

Coffman is excited about the Region 10 scholastic women team's chances of earning a medal. Tryouts were May 3 and the team has been practicing twice a week beginning May 17.

"We came very close to winning a medal last year at the Prairie State Games and I believe that this team is more talented than the one last year," Coffman said. "I have a number of girls who return with an added year of experience and we have some good new players."

Last year's Region 10 team came within two points of winning the

bronze medal. It finished second of five teams in pool play to qualify for the semifinals but lost in that round and the fell 17-15 in the third game in rally, scoring in the bronze-medal match.

Two girls from Collinsville (Lauren Norbury and Cheryl Briddell) and two from Triad (Karen Boyd and Alyson Sagovac) are among the six returning players. Jamie Burch, who played for Coffman at Civic Memorial, is another returnee along with Kristen Norris of Wood River.

Lauren's sister, Adrienne Norbury (Collinsville), is one of the team's additions along with Kelly Toppmeyer of Civic Memorial, Edwardsville's Olivia Rowe and Nicole Shoger, and South Central's Jeri Anne Kline and Alyson Lilley.

"This is a good group of players," Coffman said. "We have a lot of versatility on the team. We can do many things with the lineup because the players are so well-rounded. We have some good size and some good defensive specialists."

Three of the players stand 6 feet tall: Boyd, Rowe and Shoger. Ironically, all three of those girls are sophomores.

Toppmeyer is also a sophomore.

The team also features four juniors (the Norburys, Sagovac and Burch) and four seniors (Briddell, Norris, Kline and Lilley).

Scholastic women shooting for speed, outside game

By Bill Hester
Correspondent

Kari Crask didn't have a whole lot of time to get a scholastic women's basketball team together for this week-end's Prairie State Games after taking over the Region 10 team recently from Rich Walser, who had to step down with back problems.

PRAIRIE STATE GAMES BASKETBALL

Crask, a 1992 Collinsville High graduate and four-year player at McKendree College who now coaches at Staunton High School, called area schools and set up tryouts.

Eighteen players tried out for the Southwestern North team and the mix of 12 players and two alternates chosen is a very interesting one.

"It's hard to find big people," Crask said. "So what we have is a talented group of

guards. We are overloaded with guards."

There is not a pure post player on the Region 10 roster, so Crask looks to play a very fast-paced, full-court style of basketball.

"We have a lot of quickness," Crask said. "Even our forwards are quick so we are going to run, run, run. We'll run a motion offense and rely on our speed and outside shooting. We have several girls who are capable of shooting the 3-pointer."

The 12 players on the roster represent seven different high schools. Edwardsville High, the Southwestern Conference champion in 1997-98, leads the way with four players, all seniors: forward/guard Erica Werner; forward Jada Hoge; guard Jackie Woosley; and guard Stephanie Lindley.

Collinsville High is represented by forward Autumn Dow, who is the team's tallest player at 6-foot-1, and forward/guard Amy Kleine.

See REGION, Page 4B

Economy minds net for rookie PSG coach

By Scott Marion
Staff writer

The Southwestern South open women's soccer team for the

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Former McKendree players for Southwestern South include goalkeeper Mikla Economy (from Granite City), midfielders Hillary Heins and Diane Rogol, forward Cindy Galtier and midfielder/back Karen Mudd. Current Bearcats on the squad are goalkeeper

Stacy Dennis, backs Mindy Loberg and Carrie Bivens and midfielders Lindy Howell, Leslie Thompson and Kaiti Walsh. The team includes three players from Southern Illinois University-Edwardsville: midfielder Jen Haselhorst, forward/midfielder Jill Harmon and back Jennifer Harmon.

Rounding out the roster are midfielder/back Ellen Wallace (Eastern Illinois University), midfielder Amanda Schreckenberg (Dominican University) and midfielder Mandy Meckfessel, a Belleville resident. Landa, a graduate of Truman State University (formerly Northeast Missouri State), will play

See ECONOMY, Page 4B



Mikla Economy

Warriors win unlikely title

By Scott Marion
Staff writer

In sports like soccer and wrestling, Southwestern Conference titles are nothing new for the Granite City Warriors.

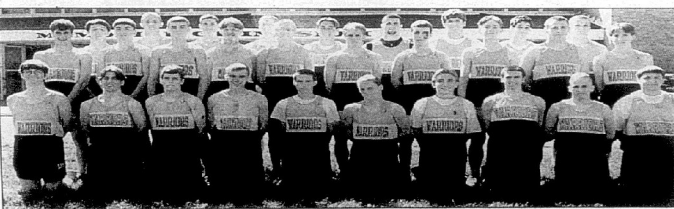
TRACK But Granite City isn't known as a track and field power yet, and that's why coach Gene Briggs is still smiling about the Warriors winning the Southwestern Conference boys' freshman-sophomore championship this spring.

"We've been doing better the last two or three years, especially in the boys program," Briggs said. "There's a lot of talent in track and field in the Metro East, and a lot of times we ended up second, third or fourth (in the SWC meet)."

"When we finished first this year, we felt pretty good about it. I've coached track at Granite City for four years, but I can't remember (GCHS winning a conference title) in quite a long time."

The Warriors had 126 team points, eight more than runner-up Alton. Rounding the team totals were Collinsville (88), Edwardsville (67), East St. Louis (52), Belleville East (50) and Belleville West (5).

See TRACK, Page 4B



Granite City High School photo

Members of the Granite City freshman-sophomore boys track team are, front row, from left, Chip Christopher, Dan Watson, Jerry Curtis, Tommy Rollins, Ryan Davis, Kevin Prindable, James Murphy, Krie Riskovsky, Gavin Gann and David Dretsch; middle row, Jeremiah Beckley, Ian Kessel, Chris Mertz, Scott Singleton, Kevin Atkins, David Elliff, Keith Perigo, Kenneth Marcum, Jason Evenden and Nick Cuvar; back row, Josh Mefford, Josh Peacher, Rich Skirball, Josh Martin, Bobby Rider, Erik Kambarian, David Jackson, Josh Moore and Jeff Hard. Not pictured are Jeremy Stone, Glenn Taylor, Justin Smith and DeAndre Williams.

Sports

Park District offering 4 tourneys

Golf tournament

The 1998 Big B Invitational golf tournament, to benefit the Collinsville football program, is set for June 28 at Belk Park.

SPORTS BRIEFS

The four-man scramble has an entry fee of \$300 per team. For information on the tournament, call 344-2660 or 647-8935.

Physicals offered

Saint Elizabeth Sports Medicine will be offering physicals for athletes from Collinsville High School.

Cost is \$25 for the physicals, which are good for one calendar year and are accepted by the Illinois High School Association.

For Collinsville students, physicals are set for July 28 and July 29 at 800 St. Louis Road, Collinsville.

For information, contact Saint Elizabeth Sports Medicine at 798-3943.

Baseball tournament

The Granite City Park District will host three baseball tournaments in conjunction with the Patriots in the Park Celebration.

The tournaments, set for June 27-30, will have a consolation bracket and every team will be guaranteed at least two games.

Entry fee is \$90. Teams can come to the Wilson Park Office or call 877-3059 before June 25.

Trophies will be awarded for first, second and third places as well as consolation winners in each division based on eight teams in each division.

For information, call Ray Hoffman at the Wilson Park Office, 877-3059.

Softball tournament

The Granite City Park District will host a July 4 Softball Tournament for men and women, and a tournament for women to run in conjunction with the

July 4 Patriots in the Park Celebration.

The tournaments will be double-elimination and played at George Sykes Field.

Entry fee is \$90. Teams can come to the Wilson Park Office to register by 5 p.m. June 26.

For information, call Ray Hoffman at the Wilson Park Office, 877-3059.

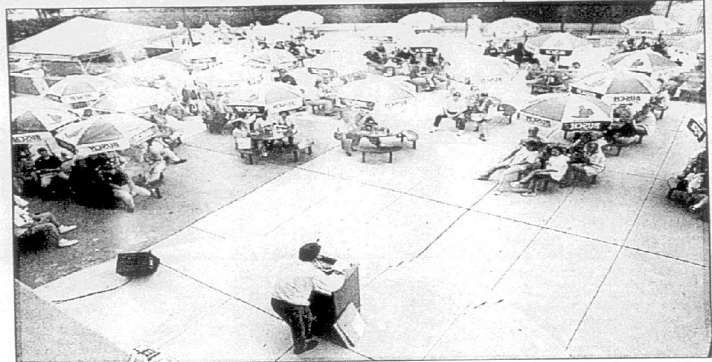
Golf tourney

The inaugural golf scramble for the Granite City Warriors baseball team is set for July 18 at Woodlands Golf Club in Alton.

The event tees off at 1:30 p.m.

Entry fee is \$55 per person for the four-person scramble shotgun start. Deadline for entry is June 29.

Send entry fees to Jeff Parker/Warrior Baseball, 1604 Spring Avenue, Granite City, IL 62040. For information, contact Jeff Parker (931-1543) or Jerry McKechnan (451-5808).



Red Bird Awards

Young baseball and softball players gather at Busch Stadium to receive Red Bird Awards from the St. Louis Sports Commission. The June 15 event honored conference champions from throughout the area. The players received plaques and gifts and were treated to pizza and ice cream. The sports commission also conducted banquets in April honoring hockey, football and basketball teams.

Tim Nordmann photo

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P1975/70SR14 416	P2005/70SR15 780
P1985/70SR14 418	P2015/70SR15 784
P1995/70SR14 420	P2025/70SR15 788
P2005/70SR14 422	P2035/70SR15 792
P2015/70SR14 424	P2045/70SR15 796
P2025/70SR14 426	P2055/70SR15 800
P2035/70SR14 428	P2065/70SR15 804
P2045/70SR14 430	P2075/70SR15 808
P2055/70SR14 432	P2085/70SR15 812
P2065/70SR14 434	P2095/70SR15 816
P2075/70SR14 436	P2105/70SR15 820
P2085/70SR14 438	P2115/70SR15 824
P2095/70SR14 440	P2125/70SR15 828
P2105/70SR14 442	P2135/70SR15 832
P2115/70SR14 444	P2145/70SR15 836
P2125/70SR14 446	P2155/70SR15 840
P	

Sports

Soccer briefs

Soccer tryouts

The Collinsville United Purple Clash girls under-14 select soccer team will conduct open tryouts 6-8 p.m. July 7, 9, 21 and 23 at the Van Fossen/Collinsville United Soccer Complex in Collinsville. Players must bring a copy of birth certificate and a soccer ball. For information, call 344-4132, 345-0168 or 344-2053.

The Granite City Elks under-11 girls soccer team will conduct tryouts for players born between Aug. 1, 1987 and July 31, 1988. Tryouts will be July 2 and 9 (6-8 p.m. each night) at Belleville Area College in Granite City. For information or pre-registration, call 931-9119.

The Metro FC Soccer Club

will conduct soccer tryouts at the Edwardsville Area Soccer Club Complex (Bluff Road) on the campus of SIU-Edwardsville. Players must bring soccer balls, small picture and copy of birth certificate. Tryout times are: 9-year-old boys, June 22 and July 1 (5:30-7 p.m.); 10 boys, June 22 and July 1 (5:30-7 p.m.); 11 boys, June 23 and July 2 (5:30-7 p.m.); and July 12 (12:1-3 p.m.); 12 boys, June 23 and July 12 (1:30-3 p.m.); 13 boys, June 22 and July 1 (7:30-9 p.m.) and July 12 (1:30-3 p.m.); 14 boys, June 23 and July 2 (7:30-9 p.m.) and July 12 (1:30-3 p.m.); 15 boys, July 5 (5:30-7 p.m.) and July 12 (3:4-30 p.m.); 16 boys, July 6 (7:30-9 p.m.) and July 12

(3:4-30 p.m.); 17 boys, July 6 (7:30-9 p.m.) and July 12 (3:4-30 p.m.); 9-year-old girls, June 22 and July 1 (5:30-7 p.m.); 10 girls, June 22 and July 1 (5:30-7 p.m.); 11 girls, June 23 and July 2 (5:30-7 p.m.); 12 girls, June 23 and July 12 (12 noon-1:30 p.m.); 13 girls, June 22 and July 1 (7:30-9 p.m.) and July 12 (1:30-3 p.m.); 14 girls, June 23 and July 1 (7:30-9 p.m.) and July 12 (1:30-3 p.m.); 15 girls, June 24 and July 6 (5:30-7 p.m.) and July 12 (1:30-3 p.m.); 16 girls, June 24 and July 6 (7:30-9 p.m.) and July 12 (3:4-30 p.m.). Mixed age group tryouts date July 18 for those that cannot attend age group tryouts: Ages 9-12 boys and girls, 9-10:30 a.m.; 13-15

boys and girls, 10:30 a.m. to 12 noon. Newly formed Collinsville United under-12 girls soccer team will conduct tryouts July 1, 6 and 8 (6-8 p.m.) and July 11 (10 a.m.) at Van Fossen Fields for girls born after Aug. 1, 1986. Bring copy of birth certificate and soccer ball. For information, call 931-6332.

The Collinsville United under-13 girls soccer team will conduct tryouts July 7, 9 and 14 (6-7:30 p.m. each day) at the Van Fossen Soccer Complex. Girls born after Aug. 1, 1985, should bring a birth certificate, picture and soccer ball. For information, call 344-8345.

The Team Olympians under-16 girls soccer team will conduct tryouts July 7, 9 and 14 (6-7:30 p.m. each day) at SIUE soccer fields. For information, call 667-2745 or 282-5923.

The Mendoza Sting under-13 girls soccer team will conduct tryouts July 9 (6 p.m.) and July 11 (10 a.m.) at Sugarloaf Golf Course, located on Sugar-

loaf Road off 157 in Collinsville. Girls born after Aug. 1, 1985, should bring a birth certificate and soccer ball. For information, call 931-0976 or 667-7825.

The Southwest Select Ambush under-11 boys soccer team will conduct tryouts July 16 (6-7:30 p.m.) and Aug. 1 (3:4-30 p.m.) at Horseshoe Lake. Boys born in 1988 or after Aug. 1, 1987 are eligible and should bring a birth certificate, photo and soccer ball. For information, call 345-6036.

The Lady Knights Soccer Club, a new girls soccer club in the Metro East area, is conducting tryouts at Horseshoe Lake Park in Granite City for:

under-12 (July 1, 5:30-7 p.m.); under-13 (July 3 and 7, 5:30-7 p.m.); under-14 (July 1, 7-8:30 p.m.); under-14 (July 1, 7-8:30 p.m.); under-15 (July 3, 7-8:30 p.m.); under-16 (July 6, 5:30-7 p.m.); under-17 (July 6, 7-8:30 p.m.); and under-18 (July 8, 7-8:30 p.m.). For information, call 539-4712 or (314) 889-4535.

The OBC Flames girls under-15 select soccer team is conducting tryouts July 2, 7, 11, 14 and 18 in Belleville and O'Fallon. Girls must be born after Aug. 1, 1983. For information, call 398-3157, voice mail ext. 211; or 397-0229 during evenings.

The Southwest Select Shooters under-12 boys soccer team will conduct open tryouts for the 1998-99 competitive/travel soccer season. Tryouts will be July 14-15 (6-7:30 p.m. each night) at Horseshoe Lake State Park on Hwy. 111. Players born after Aug. 1, 1986 should bring soccer ball, birth certificate and small photo. For information, call 346-0193.

The Pepsi-Cola Soccer Club under-14 boys soccer team has a tryout scheduled for July 1-2 (6-8 p.m. each evening) at Parkway Central High School in west St. Louis County. For information, call Terry at (314) 995-2614 or (314) 230-8250. The under-13 team has tryouts set for the same date and time. For information, call Dominic at 351-2153.

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Arena has its last sell-out

Area residents arrive early to get a good seat

By Glen Sparks
Staff writer

About 2,000 area residents attended a furniture sale June 20 in the St. Louis Arena parking lot.

The sale didn't offer a great assortment of sofas, cupboards and tables.

Just 2,600 battered, beaten and beer-spattered chairs from the upper section of the Arena. All yellow.

A set of four cost \$80. But, so what? These were mementos after all, souvenirs to remember Blues games, college basketball battles, concerts and hundreds of other Arena events through the decades.

This is a piece of history," said Jim Jolly of South County. "Any price would be good."

The line began forming hours before the first seats were sold about 10 a.m.

Chris Clelland, a south St. Louis resident, figures he and his wife, Pat, stood in line a little more than 90 minutes.

Then, the couple juggled their seats — all sales were final and all were cash and carry — to their truck.

It required some pushing and pulling to get the seats into the truck bed.

Now, what?

"Good question," he said. "I don't know. I'll clean them up and maybe put them in the family room or the yard."

Of course, purchasing a piece of furniture means there also will be some redecorating at the house. Nothing fancy, Jolly assures.

"I'm going to put them in the basement, bolt

them to the floor and watch Blues hockey," he said.

"I've lived in St. Louis my whole life, and I've always been a Blues fan."

The St. Louis Development Corp. offered the seats for sale in preparation for the arena's future demolition. Office buildings and residential space will replace the arena, a St. Louis fixture since 1929.

The Blues skated on the arena ice from 1967 to 1994.

West County resident and Blues fan Mark Menchoff couldn't resist the urge to pick up a keepsake. Though, ah, he didn't tell his wife, Linda, about his decision.

Proceeds from the seat sale go to The Fourteen Fund, a charitable trust fund established last fall in honor of former Blues center Doug Wickenheiser, who is battling cancer.

All the better, Menchoff said.

"That's better than the city getting the money," he said.

Brian Jones said his seats also will be going to the basement of his West County home, along with some old Blues Stadium seats and other sports memorabilia he has collected.

He has another more personal reason for adding an arena seat to his collection. Each December at the arena, the University of Illinois alumnus cheered for the Illini against the University of Missouri in the annual Busch Braggan Rights basketball game.

"I have fond memories of the eight victories in a row and a heart-breaking triple overtime loss (in 1993)," he said.

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Schifferdecker

Sports

All-Star Game attracts talent away from Region 10

By Brian Bretsch
Staff writer

Darn the Illinois Basketball Coaches Association's All-Star Game this weekend. Not that there's anything wrong with the IBCA all-star extravaganza. It's a great weekend to showcase the top high school basketball talent from around the state.

The event just happens to be on the same weekend as the Prairie State Games. In fact, it has for the last three summers.

Highland boys basketball coach Jeff Faulkenberg, who has coached the Southwestern North Region 10 squad the last three years, is a big fan of the all-star showcase. However, he knows the Southwestern North team generally loses a key player or two to the basketball weekend.

This year is no different. Missing from the PSG team are Jon Harris of Edwardsville, Maurice Baker of Madison and Greenville's

Tony Atchison.

"Those three guys are all on the IBCA all-star team," Faulkenberg said, "so I didn't even pursue getting those guys to try out, because if you make the IBCA all-star team you need to play in that game. I wish the Prairie State Games and the IBCA weren't on the same weekend. Another kid that we had on our roster last year, Bob Tebbe of Mater Dei, will also in the IBCA all-star game."

Harris gave Faulkenberg a display last week when he attended one of the Southwestern North practices with Edwardsville High teammates Mark Allaria and Derek Cowan, who will be members of the Region 10 PSG team.

"He is a force in the middle that we really lack," Faulkenberg said. "We're not very big. We have nice size but when you get into this type of a setup there are some really good size kids out there. There will be a bunch of

"Last year our roster was very similar in size and we just got killed on the boards, which is a huge concern for us again. We think we have quality scorers."

Jeff Faulkenberg

6-foot-8 and 6-foot-10 kids out there playing against our 6-5 guys.

"Last year our roster was very similar in size and we just got killed on the boards, which is a huge concern for us again. We think we have quality scorers."

Allaria will run the team from his normal point guard position. Faulkenberg thinks Allaria is the key to running the team's up-tempo style of offense. Faulkenberg said the

Region 10 team will have to wear down their opponents. "We're hoping we'll have a little quickness so maybe we can get a few layups against these big people," Faulkenberg said. "If we can't, we're hoping we make these big people guard us. That kind of seems like the opposite end of the spectrum. You would like to run and get some layups but if you can't, make them guard you. We want to make some of these 6-8 guys run through a few screens and make them

chase our 6-2 guys. Hopefully it will work out that way. We play 20 minute halves without a shot clock."

Joining Allaria in the backcourt are guards Justin Adkins (Greenville), Adam Miller (Roxana), Jarrod White (Roxana), Tyson Zobrist (Highland), Justin Rittenhouse (Highland) and Flint Ory (Wood River).

Much of the inside scoring will be up to Brock Brannon (Vandalia) and Derek Cowan (Edwardsville). Both players recently graduated.

Shawn Byrne (Triad) gives the team an athletic forward who has the uncanny ability to create some shot on the court. Added to the mix are Greg

Brown (Civic Memorial) and Kyle Stewart (Greenville). "Derek Cowan played Prairie State with us last year," Faulkenberg said. "He is a solid defender. He shoot a good percentage because he takes good shots. He was one of our best rebounders last year."

Southwestern North will open the PSG competition 1:30 p.m. Friday when it faces North Shore on Court C at Vandalia Center on the campus of SIU-Edwardsville.

On Saturday, the team plays West Central South at 2:15 p.m., and West Central North at 5:45 p.m.

Track team wins title

Continued from Page 1B

"The last event was the 1,600 relay. We got second and Alton was first, but the eight points we got assured us of the title."

"The feeling of winning and the attitude that you can succeed — that the hard work is worth it — makes a big difference. A lot of kids are working out in the offseason, which should help the varsity down the road, and hopefully we'll get a lot more younger kids out."

"We don't have a tradition established for Granite City track, but this is something that shows we're heading in the right direction." Like other teams in the conference, Granite City had several of its top freshmen and sophomores competing for the varsity team.

"Going into this season, I

didn't feel we would be a deep team, but depth turned out to be a strength for us," Briggs said. "We had a lot of high places this year. If we were not winning, we were competing for a victory. We scored in almost every event."

"Our relays were real strong even though some of our top kids were at the varsity level. At conference, we won the 400, 800 and 3,200 relays and finished second in the 1,600. Middle distance and sprints were two other strong areas. We had enough good athletes in each event to compete for spots that when we got to meets, we were seasoned already."

In addition to the three relays, Granite City claimed conference titles in the discus and shot put. The Warriors also placed second in the 300 hurdles, 100 dash, 400 dash and triple jump.

Economy to play goalie

Continued from Page 1B

midfield or goalkeeper. "Midfield is probably one of our strengths — we have a lot of skill in that area," Landa said. "We have two pretty good playmakers in Mandy Howell and Hillary Heins, and Diane Rogol is still a really strong player."

"Gene Briggs (coach of the Southwestern North open women) should have the strongest team, but as far as the other regions, I haven't heard anything. I just hope we have a good weekend and play together, and I hope what little practice we have does help."

All PSG soccer competition is at the Edwardsville Area Soccer Complex on the SIUE campus.

The final round is Sunday, with the bronze medal game and the championship game at noon.

Region 10 squad to rely on speed

Continued from Page 1B

Alton Marquette High School also has a pair of players on the team in sophomore guards Kendra Snyder and Michelle Beirman.

Other players on the team include: junior guard Amy Streuter (Metro East Lutheran); senior guard DeBee Moore (Alton High); junior guard/forward LaShunda Morris (Greenville High); and sophomore forward Tara Holzinger (Highland High).

Amy Loftus, a 6-4 sophomore forward from Collinsville, and Alton Marquette sophomore guard Tara Fotschneider are the alternates.

The Region 10 team beings play Friday at Southern Illinois University-Edwardsville.

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News

Community calendar

Editor's note: The community calendar contains items for the week of June 24-30 only. Events that occur every week are listed the first and third Wednesdays of each month.

Health/Exercise

ST. ELIZABETH MEDICAL CENTER'S BEHAVIORAL HEALTH SYSTEM is presenting a talk entitled, "Adolescent Substance Abuse" at 7:30 p.m. June 30. Warren Neal of the Behavioral Health System will give the talk in the Wiesman Room at SEMC. The talk is free and open to the public. For more information or to register, call 798-3888.

Organizations

CHRISTIAN WOMEN'S FELLOWSHIP of Central Christian Church meets at 1 p.m. the first Thursday of each month. For more information, call Helen Stumpe at 931-2098.

MODERN WOODMEN OF AMERICA Life Insurance Society meets the last Thursday of each month at 5 p.m. at Ravenelli's Restaurant.

GREATER BENEFICIAL UNION OF PITTSBURGH, District 491, Granite City Council, meets at 8 p.m., first Friday of each month, at Third Baptist Church, 26th Street and Grand Avenue in Granite City. James P. Reagan, president, can be reached

at 288-7398; and Mary Solomon, secretary, can be reached at 451-9201.

METRO EAST LANDLORD'S ASSOCIATION meets the first Monday of each month at the Eagles Lodge in Collinsville.

ELKETTES, Granite City Lodge 1063, Maryville Road, 931-3557, 7 p.m. the first Tuesday of each month except July and August.

MADISON COUNTY LEGAL SECRETARIES ASSOCIATION, meets the first Tuesday of each month at 6:30 p.m. Open to everyone in legal field: attorneys, legal secretaries, support staff, court reporters and court personnel. For more information call

465-4400.

MADISON COUNTY HOMEMAKERS EXTENSION ASSOCIATION, Granite City unit, noon, first Tuesday of each month, Anchorage Recreation Center. For more information call 876-7026 or 931-3735.

TRIO UNIT, MADISON COUNTY HOMEMAKERS EXTENSION ASSOCIATION, noon, first Tuesday of each month, Hope Lutheran Church, 3745 Wabash Ave., Granite City.

TOASTMASTERS INTERNATIONAL meets the first, third and fifth Tuesday of the month from 7 to 9 p.m. at Shoney's, Highway 157 (4th Commerce Drive), Collinsville. Come join us for better communication and leadership skills. For more information call 692-6026 or 344-2898.

NEW HOPE CHAPTER, 432 ORDER OF THE EASTERN STAR meets at 8 p.m. the first and third Fridays of each month at Masonic Temple, 1940 Cleveland Blvd. in Granite City.

TRIPLE LODGE 835 A.F. and A.M. meets at 7 p.m. the first and third Wednesdays of each month at Masonic Temple, 1940 Cleveland Blvd. in Granite City.

The Christian SINGLES ALIVE, a group for all ages and denominations, is planning a trip for June 27 to Forest Park in St. Louis to see

"Bye Bye Birdie." Tickets may be purchased or you may sit in the free seats. You may bring soft drinks and snacks if you plan to sit in the free seats. Call Alice at 451-2818, or Erma at 259-2677 or Pat at 377-9850.

THE SINGLES CONNECTION events for June 24-30 are: Meet at 6:30 p.m. Wednesday at Fast Eddie's Bon Air Tavern in Alton for dinner and fun evening RSVP to Peggy, 254-0452. Meet for dinner at 7 p.m. Thursday at USA China Buffet on Johnson Road in Granite City. RSVP to Frank, 876-4315. Meet at 7:30 a.m. Saturday at Collinsville K-Mart to roadtrip for railroad days at Galesburg, Ill. for train show, railroad and equipment displays, street fair, Railroad Museum, art exhibit and model railroad displays. Must RSVP to Felix, 656-2063, by June 24. Meet at 3:30 p.m. Sunday for rush hour show at Showplace 12 theater in Edwardsville. Call Frank, 876-4315. Meet for buffet pizza at 6:30 p.m. Monday at Parter's in the Montclair Shopping Center in Edwardsville. Call Carl at 692-1762. Tuesday at the Edwardsville YMCA Esic Drive for Volleyball, volleyball, a racquet ball court with a softer ball. Cost is \$3 for 2 1/2 hours of play. Call Paul, 332-1731 for more information.

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pot luck dinner the last Saturday of each month, 5 p.m., 3910 Highway 111, Pontoon Beach.

Support Groups

RIVERS OF WATER WORSHIP CENTER SUPPORT GROUP, meets the first and third Saturday of each month, at 1307 Madison Avenue, Madison, 930 to 11 a.m., to comfort and restore. Group membership is open to all who are "broken" at no cost. Worship service will follow each third Saturday at 11:30 a.m. For more information, call 341-3643 or 656-7831.

DIABETES SUPPORT GROUP, 1 to 3 p.m., first Tuesday of each month, President's Room, St. Elizabeth Medical Center, 798-3456.

ALLIANCE FOR THE MENTALLY ILL OF MADISON COUNTY (AMI) meets the first Tuesday of each month from 7 to 9 p.m. at the Mental Health Clinic, 60 Industrial Drive, Granite City. For information call 798-3604.

LEARNING TO LEAN support group for families with special needs children, for families and friends of any child with any disability. Meets 7 to 9 p.m. the first Tuesday of every month at Word of Life Tabernacle.

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- ☐ Hypertension
- ☐ Overweight
- ☐ Physical inactivity
- ☐ Cigarette smoking
- ☐ Male or post-menopausal female

Based on test results, our professional team will develop a treatment plan to help you improve cholesterol and fat levels as well as reduce your risk of heart and blood vessel disease.

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For more information or to make an appointment, call Memorial's Preventive Cardiology and Cholesterol Clinic at (618) 257-5164.



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Business

Investors returning to load funds

Most people wouldn't tackle a car repair or home improvement project themselves. They know it's worth the money to leave those jobs to the professionals.

Now, more people are realizing the value of professional investing help, too.

A recent article in the Wall Street Journal revealed that a number of traditionally "no-load" mutual fund groups are load funds, or converting their "no-load" mutual fund groups are adding load funds, or converting their no-load funds into load funds. Load funds are offered through financial professionals who charge a commission or fee for their services. Investors can buy no-loads, however, directly from the fund companies and avoid paying an upfront fee.

Why the return to load



Jeff Prosser

funds? One reason may be that investors have larger sums to invest. According to the article, this money is coming from inheritances, the long bull market and distributions from 401(k) retirement plans. In addition, many of today's investors are older and have more complex financial problems. With more money and more complicated finances, investors are hesitant to make investment decisions completely on their own and are more willing to enlist professional help. Such help not only puts

investors at ease, it may even result in better returns according to one study. Dalbar Financial Services conducted a comparison of load and no-load mutual funds and found that investors who bought funds through financial professionals often achieved better returns than do-it-yourselfers.

During the period studied (the beginning of 1984 through Sept. 30, 1993), Dalbar found that the average sales force-distributed mutual fund achieved an annual growth rate of 6.82 percent, compared to 5.61 percent for funds marketed directly to the public. This equates to a total return over the period of 90.21 percent for the load funds vs. 70.23 percent for the no-load funds.

Part of the reason for this See INVESTORS, Page 8B



From left, front row, Don Whitehead, Mark Buenger and Velda Taylor; back row, Dave McFarland, Dr. Joachim Bauer, Jack Dempsey and Gene Tracy.

7 named to bank advisory board

Omni Bank President Charles Unger has announced the election of seven people to the newly created Omni Bank Advisory Board.

The board, made up of local successful business people with an interest in the community, will meet on a regular basis and give advice and suggestions on new products and services to the Omni Bank Board.

The newly installed Advisory Board members include: Joachim Bauer, an orthodontist with offices in Granite City and Glen Carbon.

Mark Buenger of O'Brian Tire and Service Co. in Granite City.

Jack Dempsey of Dempsey-Adams Auto Body in Granite City.

Dave McFarland of McFarland Heating and Cooling in Granite City.

Velda Taylor of the Tri-City Port Authority in Granite City.

Gene Tracy of Tracy Trucking Co. in Marine.

Don Whitehead with Landmark Realty in Edwardsville.

In addition to Unger, members of the Omni Bank

Board include William Alexander, Kay Sharon Cassens, Joseph Hassler, John Hunter Jr., Mark Shashel, Ann Slate, Robert Wetzel and George Willard. The Omni Board members will work closely with the Advisory Board.

Earlier this year Omni Bank was acquired by The Banc Corp., which is also the holding company of TheBank of Edwardsville. Omni has full-service banking locations in Pontoon Beach and Granite City, with assets of more than \$56 million.

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Entertainment

Horoscope

WEDNESDAY, JUNE 24
The emotional moon enters Cancer today, joining the sun and Mercury in this moody sign. This is an active water sign, so don't expect too much down time over the next couple of days. The crab carries his home on his back, so any unresolved issues may stay with you. Let the expressive Mars in Gemini help you to clear the air.

TODAY'S BIRTHDAY (June 24). Your desires and ambitions become more defined. As you start seeing things clearly, you will make the best decisions. In August, there is an opportunity to build a new life on familiar ground. A relationship with a young person calls for more patience until September-then you will be proud! Luck in money comes through Pisces in October or December.

ARIES (March 21-April 19). Family influence is important to you once again. You will find a sympathetic ear and an impressionable mind as your work gains needed momentum. The romance you desire seems dead but is just regenerating.

TAURUS (April 20-May 20). You will never get into trouble by admitting that you are wrong. Take a moment to ponder a curious piece of advice. You will unwittingly bump into someone famous—a humorous conversation piece.

GEMINI (May 21-June 21). Learning from your mistakes will give needed ammunition in a heated struggle. Play politics with those who have yet to choose sides. A tedious task now becomes intriguing.



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CANCER (June 22-July 22). Challenges come at you from all sides. Have faith in the ideas you discover for yourself rather than those given to you on a silver platter. It is time to call on a romantic interest to find out where you stand. Lay it on the line.

LEO (July 23-Aug. 22). Anything written by you furthers your luck, even if you quickly jot down a secret wish. Destructive forces will swirl around you but cannot break through your impregnable shell. Be assertive.

VIRGO (Aug. 23-Sept. 22). This is a wonderful day to dream. Being at home will aid your imagination. Don't be stingy with yourself. If you receive a gift beyond your imagination, do not

send it back. Travel is better later this week.

LIBRA (Sept. 23-Oct. 23). You will profit from an unseen helping hand. An irritated customer will come directly to you. Make others feel important, but be sincere. A future romance may be on the line.

SCORPIO (Oct. 24-Nov. 21). Agreements are easily reached now. You will yearn to be with the one you have sorely missed. Now is the time. Although injuries and skeletons may float back to you, try to turn each negative into a positive.

SAGITTARIUS (Nov. 22-Dec. 21). You are invincible in your romantic life. You may suddenly realize it is better to be lucky than good. Ignorance concerning a major issue will work in your favor. Trust your instincts and enjoy your good fortune.

CAPRICORN (Dec. 22-Jan. 19). Devote yourself to a new hobby, or find a good new book. One who has monopolized your time will be temporarily amused elsewhere. Free time is good time. Beware of speed traps.

AQUARIUS (Jan. 20-Feb. 18). The creative juices are flowing and a challenging task is near completion. Others recognize your leadership skills. Financial gains are forthcoming. Ignore complaints from jealous relatives.

PISCES (Feb. 19-March 20). Blissful moments will be marred if you insist on keeping a low opinion of yourself. Let nothing stand in the way between you and incredible self-confidence. Make your self visible at a community event.



Gillian Anderson and David Duchovny in a scene from the 20th Century Fox film, "The X-Files."

'X-Files' movie is well-made, well-acted science fiction thriller

By Ronnie Roy
Staff writer

Many questions have been raised regarding the feature film version of the television series, "The X-Files." Will the truth about alien activities on Earth be uncovered? Will the Syndicate's plans be unveiled? Will Mulder and Scully finally confess their feelings for each other?

But perhaps the biggest question of all remains, why was this movie made? "The X-Files—Fight the Future," is a well-made, well-acted, twisting and turning science fiction thriller. Just like pretty much every episode of the TV series on which it is based, airing Sunday nights on the Fox network, every weeknight on cable, and at various times in syndication.

A big-screen budget allows for impressive effects, cinematography and set designs, but these things don't overshadow the heart of the show—the relationship between Mulder and Scully, and their long-suffering search for the truth.

Fans of the five-year-old show should not be disappointed, unless they are expecting something new. The film follows the X-Files formula closely, and makes a good introductory course for new viewers.

The film opens with what is probably the first human-alien encounter, as two prehistoric men in Ice Age Texas explore a mysterious cave. They are

“A big-screen budget allows for impressive effects, cinematography and set designs, but these things don't overshadow the heart of the show—the relationship between Mulder and Scully, and their long-suffering search for the truth. Fans of the five-year-old show should not be disappointed, unless they are expecting something new.”

attacked by an alien, who kills one of the men but is in turn killed when the other pulls out a trusty stone knife. Black fluid begins oozing out of the dead alien's wounds, sinking into the ground and seeping into the other cave.

Cut to present day Texas, where a group of boys are digging a hole for no apparent reason. One boy falls into the now covered-up cave and is quickly overcome by the black ooze. Four firemen go down to get him but never return. Soon mysterious men and tanker trucks move in and take over the area.

At this point, roll opening credits and first commercial break. Oh, wait. This isn't the TV show.

We now join our heroes, FBI Special Agents Fox Mulder (David Duchovny) and Dana Scully (Gillian Anderson), as they investigate a bomb threat in Dallas. The actual threat is directed at the federal building, but Mulder, playing a hunch, is searching an office get him but never return.

The building is evacuated, but not before the bomb goes off, killing four firemen and a young boy.

See any connection? Mulder doesn't. He doesn't know about the cave incident, until the patented Mystery Man Who Knew Mulder's Fate (this episode played by Martin Landau) shows up to point Mulder in the right direction. The agents investigate, and

run afoul of their arch-enemies, the Syndicate. This powerful group of international government and business leaders has a secret arrangement with the aliens, and they meet frequently to stop Mulder from uncovering that secret.

While they meet, the inevitable question comes up: "Why not just kill Mulder?" That leads to the inevitable follow-up, "Because it will make him a martyr." This then leads to the inevitable, "If we can't kill him, take away the thing he loves!"

response. And soon, Scully is in a coma.

But a secret cure is always a mystery man away, provided in a scene that includes the obligatory death of a supporting character.

Things wrap up in the usual way as well. Mulder and Scully come close, but not close enough, to exposing the Syndicate. The agents, almost split up by the FBI and considering giving up, are kept together and filled with new resolve. And the Syndicate continues its work at a new secret location.

"The X-Files" is directed by Rob Bowman, director of 25 series episodes. Series creator Chris Carter serves as writer and producer. All of the supporting cast is here, from Mitch Pileggi (assistant director Walker Skinner) to William B. Davis (Cigarette-Smoking Man).



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Historical Society seeks 100-year-old businesses

Illinois State Historical Society is searching for businesses that have operated in the state for 100 years or more. The ISHS honors century-old firms as part of its Centennial Business Programs. Eligible companies will have the opportunity of being honored at the 1998 Centennial Business Awards Banquet on Oct. 2 at the Palmer House Hilton in Chicago. Since 1984, more than 900 century-old Illinois companies have received Centennial Business Awards from the ISHS. This year's honorees will receive a commemorative plaque signed by Gov. Jim Edgar, two complimentary tickets to the Centennial Business Awards Banquet, a one-year complimentary membership in the ISHS and exclusive use of the Centennial Business logo. For more information about the Centennial Business Program, write to: Illinois State Historical Society, 1 Old State Capitol Plaza, Springfield, IL, 62701. You also may call (217) 782-2635 or fax to (217) 524-8042. Interested businesses may download the Centennial Business application via the Internet at: <http://www.prairienet.org/isshs/frames/centen.htm>. The deadline for applications is Sept. 1.

New hours for county health clinics

The Madison County Health Department has released new hours of operation for its tuberculosis and immunization clinics. Tuberculosis clinic hours are 10:30 a.m. to 1 p.m. Monday, 9 a.m. to 11:30 a.m. Wednesday, and 10 a.m. to noon and 1:30 to 4:30 p.m. Friday. Immunization clinic hours are 2 to 5:30 p.m. Monday, 9 to 11:30 a.m. and 1 to 4:30 p.m. Tuesday, and 1 to 4:30 p.m. Wednesday.

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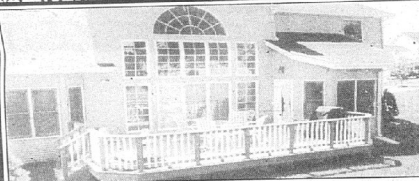
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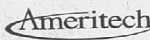


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Dr. Jamil Rana joins local pediatric practice

In his Winnie-the-Pooh tie and tennis shoes, Dr. Jamil Rana looks like a big kid himself. He is smart and giving and overflowing with personal interests which will keep the attention of any young patient. Dr. Rana is the newest pediatrician at 3165 Myrtle Street in Granite City, the offices of pediatricians Dr. Shafique Ahmad and Dr. Munir Malik.



He was on the board of directors of the Mehl-

ville-Oakville Alumni Association from 1990-95, taught Sunday School in his church, coached girls soccer and served as sports director for KSLU radio station from 1988-91. Rana plays pingpong and the organ, not at the same time, of course. He loves sports and although he grew fond of the Kansas City Chiefs while in Kansas, his baseball and hockey heart is here in St. Louis. Dr. Rana was born in St. Louis, graduated summa cum laude from St. Louis University, continued through St. Louis University School of Medicine and recently completed his three-year pediatric residency from Children's Mercy Hospital in Kansas City. In 1995, he received the Missouri Chapter of the American College of Physicians Award for Excellence in Physical Diagnosis.

Currently Board Eligible, Rana will take his Board Certification exams this October. Why did Dr. Jamil Rana become a doctor for children? "Midway through medical school I decided on pediatrics," he said. "This is one area of medicine which is never boring. It's always been fun."

To schedule an appointment with Dr. Rana, call 876-7500.

Investors return to load funds

Continued from Page 6B

difference appears to be that investors who use professional help are less likely to trade in and out of funds. The more an investor buys and sells, the lower the potential return. Apparently, more people are discovering what successful investors have known all along. An investment professional not only can help you buy the right investment for your needs, he or she can also help you stick to your long-term objectives, hold on through short-term volatility and even achieve better returns.

Jeff Prosser is an investment representative with Edward Jones in Granite City.

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Today's Food

Hearty Bites

Ayes-tea wins cool drink vote

See Page 2

Food & Nutrition

Wise Ways

Managing one's health is a two-sided effort, with physical activity weighing as importantly as what a person eats.

INSIDE

Blue Ribbon Cook

Fresh strawberry pie filling lets nothing come between it and the crust - except for a colorful and pleasing ribbon of cream cheese.

INSIDE

Micro Raves

Seafood comes to plate incognito in the imitation of expensive crab.

INSIDE

Test Run

Healthy Choice cheeses that are low in fat were given a test for flavor and meltability.

INSIDE

Lively Taste

Today's taste buds have grown to like tangier flavors. When using a mayonnaise-type dressing, the addition of grated parmesan cheese, a salt-free seasoning, chopped pimiento, minced onion or salsa adds flavor or heat that perks up appetites. For another combo, mix 2 tablespoons sugar and 2 tablespoons vinegar with 1 cup mayonnaise.

Health & Fitness

Medicine Chest

More than half of all pregnancies are unplanned, so birth defects often occur in the developing fetus before most women know they are pregnant. Thus, all women of child-bearing age should consume the needed 400 micrograms of folic acid daily. Foods made with wheat flour help fill this need, because they have been fortified with it since Jan. 1. Citrus fruits, dried beans and leafy greens are good sources, too.

Fresh Picks

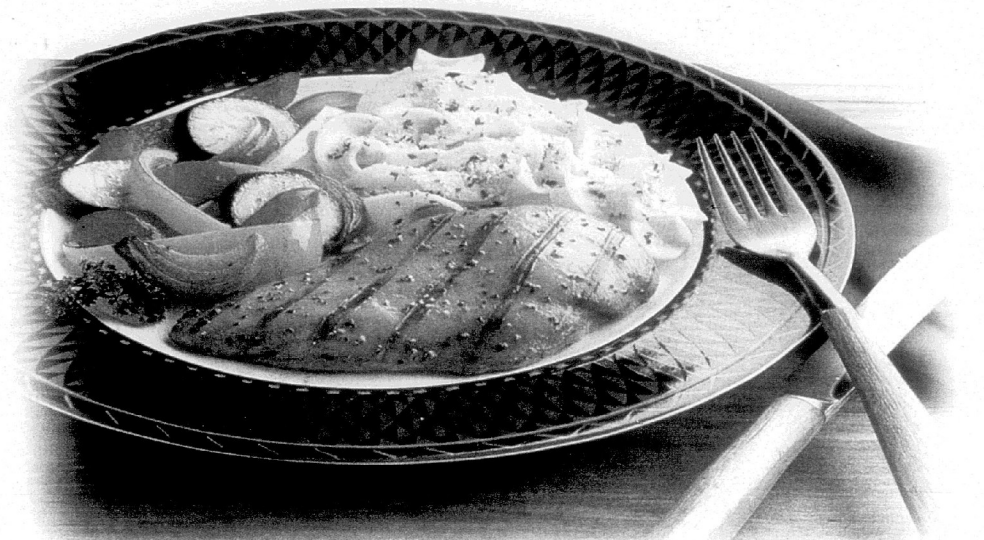
For a gardener's delight, toss chopped fresh basil, chopped tomato and fresh corn-off-the-cob with hot cooked rice. For island flavor, toss rice with peas and finely chopped fresh mint. Cooked fresh leeks and garlic add old-fashioned flavor. For Cantonese fervor, add broccoli florets, a few drops of sesame oil and chopped toasted peanuts or cashews. For summery flavor, combine hot cooked rice with freshly cooked corn and enough barbecue sauce to moisten.

Big Fat Tip

For a switch from sugary syrups, top pancakes and waffles with nonfat or low-fat vanilla or flavored yogurt. For breakfast-on-the-go, mix dry cereal into a cup of yogurt.

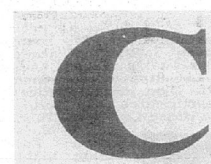
Future Shop

Like wines, U.S.-made cheeses that imitate European varieties sometimes have their own uniqueness. Italian Gorgonzola is spicier in flavor and stronger in aroma than the American version, which offers a pleasantly spicy flavor. The American version of French brie carries a less complicated flavor. The semi-soft consistencies have a white, velvety-thin crust. Gouda cheese is smooth and mellow, with a slightly salty flavor, like the original from the Netherlands. Source: "Cheese Primer" by Steven Jenkins.



Cluckers Click

By Janice Denham
Staff writer



Chicken always has been a popular main dish, but once health authorities endorsed the white meat of chicken with its lower

level of saturated fat as a healthier choice for meat-lovers, it was time for the new fowl to be born. This one has a larger breast and recipes for cooking it hatch as easily as chicks.

A handy product in the local market is individually frozen, skinless, boneless chicken breasts, previously available only in restaurants.

They come in 2-1/2- to 3-pound bags. Frozen quickly to avoid large ice crystals, the fillets have a light layer of ice around them to help protect them from freezer burn and give longer storage life.

They can be removed from the bag individually from the freezer, which should be kept at 0 degrees Fahrenheit. The bag should be closed tightly, with as much air as possible removed every time it is opened.

It is not necessary to thaw them before cooking, but one or two minutes under lukewarm running water dissolves the ice shield and keeps extra liquid from running in the pan or diluting a marinade. Just add a few minutes to the cooking time so the chicken cooks thoroughly and evenly.

They also come in other cuts. Tenderloin is the most common available locally. Of course, not everyone relies on frozen breast for meals with chicken on the menu. The Crisco Great American Cooks Contest was sponsored by Crisco oil, as well as Tyson Holly Farms chicken and Parents magazine.

The top winner was a risotto, made with rice-shaped pasta instead of rice and pieces of chicken breast, while the second-place award was given to a recipe using cut-up whole chicken, with cuts that appeal to every preference. With a homemade sauce, it is equally at home on a grill or a broiler.

Chicken's appeal ranges from coast to coast. The risotto came from a cook in San Francisco, while the aroma of the barbecued chicken attracts neighbors in North Carolina. Each recipe has the asset that the dish can be shared with friends or leftovers can be

enjoyed in a small family. Just refrigerate extras quickly and reheat them thoroughly when it is time to savor them again.

No cook need feel hen-pecked with ideas like these to perk up chicken.

From the 38th National Chicken Cooking Contest comes a \$4,000 winner for Chicken Santa Fe.

Marinate 4 boneless, skinless chicken breast halves, flattened between two pieces of waxed paper, in a mixture of 1/4 cup olive oil, juice and zest of 1 small lime, 1 clove garlic (crushed), 1 ounce tequila, 1/4 teaspoon pepper sauce, 1/8 teaspoon liquid smoke and 1/4 teaspoon salt in refrigerator 1 hour.

Grill or broil until almost done. Brush with jalapeno pepper jelly, place 2 roasted red pepper strips to form an X on top and brush with more jelly. Cook a little longer, in a broiler, the top glazes.

The top winner in the 19th national contest was for Pesto-Stuffed Chicken Legs. At the end of baking, the chicken is brushed lightly with a mustard dipping sauce, made by combining 4 teaspoons dry mustard, 6 tablespoons reduced-sodium soy sauce, 4

tablespoons cider vinegar, 2 tablespoons sesame oil and 1 teaspoon sugar. The sauce

See CLUCKERS, Inside TODAY'S FOOD Page 2

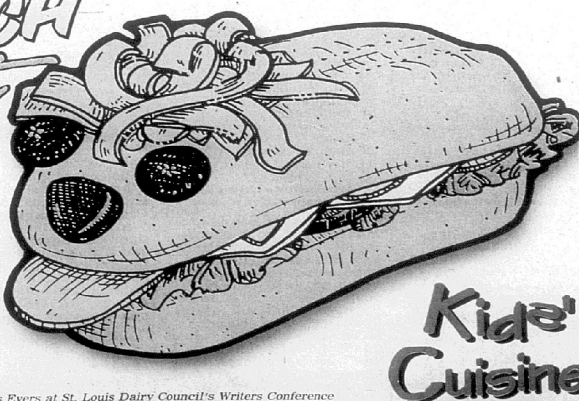
SANDWICH Art

A child without energy or stamina may not be eating foods that provide it. The best fuel comes from carbohydrates, primarily in grains, fruits and vegetables. The more active the child, the more carbohydrate is needed for refueling. Just like with adults, eating a variety of foods is the best daily course.

Sometimes children do not have time or interest in eating, so food must attract them. When they prepare it themselves, it becomes part of a day's activity in the summer and they are more willing to eat what they fix.

For Hoagie Faces, fill buns with shredded carrot, lettuce or sprouts, olives and sliced cherry tomatoes. They need to be in sizes that fit the child. Kids can arrange them on top for hair, position olives for eyes and something round for a nose, using toothpicks or small piece of dry spaghetti to hold them. Stick small piece of lean deli meat and low-fat cheese so it sticks out the "mouth" of sandwich like a tongue. Be sure toothpicks are removed before they eat it.

Source: "How to Teach Nutrition to Kids" by Connie Liakos Evers at St. Louis Dairy Council's Writers Conference



Today's Food

Iced tea is favorite drink of hot St. Louis summers

By Libby Mills
Correspondent

It feels like the sweltering tropics. After a mere five minutes, a circular watering surrounds the sweating glass of welcome amber iced tea. Though water is best for staying hydrated in the sun, not much tastes better than an icy glass of tea.

HEART-Y BITES

Tea comes from the Camellia sinensis, a tropical and semi-tropical evergreen. Most Americans drink black tea, made by air-fermenting harvested tea leaves. Green tea leaves, steamed right after harvest to retain their fresh color, make a crisp, astringent brew. Oolong, midway between black and green tea, is partially fermented to combine the two tastes.

The delicious flavor and color of tea comes from flavonoids made during fermentation. With each tasty sip comes a good helping of phytochemicals and flavonoids. These compounds act as antioxidants, squelching potential danger posed by free radicals that spread like wildfire to cells and genes.

Too many free radicals may increase the risk of health problems and diseases, including heart

disease. The body is designed to get rid of free radicals, which occur naturally all the time, but people can do things to help clean them up, too.

A glass of tea accompanied by a snack of washed and cut, fresh veggies or fruit is a perfect combination in the prevention of heart disease and other diseases. The best part is that it is delicious and refreshing as well.

Iced tea from leaves is, oh, so easy to make. Just bring fresh water to a rolling boil. Let it cool slightly. Pour 1/2 cup of the hot water over an individual-size tea bag, the equivalent of 1/4 to 1 teaspoon loose tea leaves.

Today chilled tea is ready to stand 1 to 2 minutes for mild, 3 to 5 minutes for stronger flavor. Remove the tea bags, add 2 cups cold water and serve over ice. Delicate green tea steeps best in only 1 to 1 1/2 minutes. Sleeping tea longer can expose a bitter flavor, so for stronger flavor, use one more tea bag or increase the loose tea to 1 1/2 to 2 teaspoons.

Flavonoids are also found in instant tea in a variety of flavors and varieties, including decaffeinated. The position of the American Heart Association is that caffeine can be consumed in

moderation. Supermarkets, convenience stores and vending machines offer canned and bottled teas alongside carbonated beverages. For variety, the challenge is choosing which exciting fruit flavor to try.

The same effect is easy at home. Dress and spice tea with a sprig of fresh mint, wedge of lemon, slice of orange, stick of cinnamon, dried whole clove or any combination. Try stunning the taste buds and amazing friends with this delicious cocktail.

Registered dietitian Libby Mills is a staff member of the American Heart Association, St. Louis Chapter.

American Heart Association representatives are conducting supermarket tours this month. For more information or reservations, call 45-H-E-A-T. Free recipes and food products will be available.

ISLAND SPICED TEA

- 2 cups water
- 2 tsp. black tea or 7 single-serving tea bags
- 1/4 tsp. allspice
- 1/4 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1 whole clove
- 3/4 cup sugar
- 2 cups cranberry juice cocktail
- 2 cups orange juice
- 1/2 cup lemon juice
- 3/4 cup carbonated water or club soda
- Sliced lemon and orange for garnish

Bring water to rolling boil. Pour over tea, allspice, cinnamon, nutmeg and clove. Let steep 5 minutes.

Strain liquid, if loose leaves were used; otherwise, remove bags and clove. Add sugar. Let cool. Add cranberry, orange and lemon juice. Chill.

Just before serving, add carbonated water. Serve in tall glasses over ice. Garnish with citrus slices. Makes 8 servings; 123 calories; 32 g carbohydrate and 1 mg sodium each.

Recipes

CHICKEN FRICASSEE WITH PARSLEY DUMPLINGS

- 2 cups defatted chicken stock or broth
- 1 1/2 cups thinly sliced carrot
- 1 1/2 cups thinly sliced celery
- 1 bay leaf
- 1/4 tsp. thyme
- 1/4 tsp. pepper
- 4 large boneless, skinless chicken thighs, trimmed of visible fat
- 3/4 cup flour
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1 tsp. chilled margarine, cut in small pieces
- 1/2 cup buttermilk
- 1 tsp. chopped fresh parsley

In nonstick Dutch oven, bring stock, carrot, celery, bay leaf, thyme and pepper to boil over high heat. Add chicken. Return to boil. Reduce heat to low. Cover and simmer gently.

In medium bowl, combine flour, baking powder and salt. Using pastry blender or fingers, work in margarine until mixture forms fine crumbs. Add buttermilk and parsley. Stir until just mixed; batter will be slightly lumpy.

Drop by teaspoonful on top of simmering chicken mixture to form 12 dumplings.

Simmer, covered, 25 minutes or until chicken is tender and dumplings look dry on top and feel firm. Makes 4 servings.

Paring down fat leads to choice of lighter cheese



When a plea for "cheese, please!" is heard 'round the world, some like to one that is lower in fat, like these Healthy Choice products with 1.5 ounces fat per 1/4-cup.

For some cheese lovers, alternatives to high-fat varieties are lifesavers. Healthy Choice is expanding its offerings in this line.

TEST RUN

Those who have tested the pizza cheese and Mexican cheese in fancy shreds almost unanimously gave them high marks for their melting qualities. As usual with reduced-fat cheese, they received mixed responses for flavor.

"Both melt really well, especially for low-fat," a tester summed up.

One liked the possibility of using the Mexican flavor on a dish where it would go on top of the food. The fat content is significantly lower, so that is a definite

entertainment, especially since it melts so easily, which many low-fat cheeses don't," she said. The manufacturer recommends stirring it into tomato sauce to enhance melting, sprinkling it on casseroles and other hot baked dishes after

microwaving to let the heat from the food melt the cheese, and covering cheese-topped casseroles while baking. Each 1/4-cup (1-ounce) serving has 1 1/2 grams fat, compared to 9 grams in many regular cheeses. Another commented that it takes a careful warming so they are not heated too long and, thus, become tough. They were tested by individuals melting them on slices of sourdough bread.

As for flavor, those who regularly use lower-fat cheeses were able to distinguish their characteristics better than those who do not like or use them.

Overall, the Mexican cheese rated better in flavor, although only those who like very mild flavors detected much spice in it.

One tester thought that while it didn't have much flavor, it still would be a good choice in a flavorful salad like grilled chicken taco salad, for those who need to find ways to cut fat low, but where appearance of the cheese would be an asset. Another comment was that the low-fat cheddar cheese had more flavor than the light mozzarella cheese in the mixed shreds.

A tester added the cheese would make a cheddar "extra" on pizza or other dishes that already have cheese and want a bonus amount.

Cluckers

Continued from page 1

should sit 5 minutes before it is used, with the remainder served separately with the chicken.

• For warm chicken picante salad, cook 2 chicken breasts, cut in strips, in a little olive oil. Stir in 1 cup picante sauce, 1 1/2 tablespoons lemon juice and 1 cup beans (half garbanzo, half red kidney beans, if desired); simmer until well heated.

Toss together shredded spinach and iceberg lettuce. Place on platter. Top with tomato wedges, thinly sliced onion, pitted olives, then the chicken mixture. Sprinkle with grated cheddar cheese and dollop with nonfat sour cream. Garnish with baked chips.

GARDEN RISOTTO

- 2 boneless, skinless, fresh chicken breast halves
- 2 tsp. canola or other mild oil
- 1 large sweet onion (such as Vidalia), finely chopped
- 3 cloves garlic, minced
- 1 1/2 cups (12 oz.) uncooked orzo (rice-shaped pasta)
- 2 cups bite-size broccoli florets
- 2 cans (14 1/2 oz. each) reduced-sodium chicken broth
- 1 1/2 cups fresh kernel corn (2 fresh or frozen ears)
- 3/4 tsp. salt
- 1/4 tsp. pepper
- 3/4 cup grated parmesan cheese

Rinse chicken, pat dry and cut in 1-inch pieces. In 12-inch nonstick skillet over medium heat, cook onion and garlic in hot oil about 2 minutes.

Add orzo, broccoli and broth. Reduce heat to medium. Cook, covered, 6 minutes, stirring often. Add chicken. Cook 6 minutes. Stir in corn, salt and pepper. Cook 5 minutes. Remove from heat. Gently stir in cheese. Serve hot. Makes 6 servings.

ZESTY CHICKEN

- 4 individually frozen, boneless, skinless chicken breasts
- 1/2 cup white wine vinegar
- 1/2 cup water
- 1/2 cup butter or margarine
- 1 tsp. Worcestershire sauce
- 1/2 tsp. garlic powder
- 1/2 tsp. coarsely ground pepper

Hold chicken under lukewarm, running water 1 to 2 minutes to remove ice glaze.

In small saucepan, bring vinegar, water, butter, Worcestershire sauce, garlic powder and pepper to boil. Remove from heat.

Place chicken on grill or broiler rack. Brush with half the sauce. Grill or broil about 8 minutes. Turn over. Baste with remaining sauce. Grill or broil 8 to 9 minutes longer or until chicken juices run clear.

If desired, serve with grilled or steamed mixed vegetables, plus pasta. Makes 4 servings.

BARBECUED CHICKEN

- 1/4 cup oil
- 3/4 cup chopped onion
- 3/4 cup ketchup
- 1/2 cup lemon juice or vinegar
- 3 tsp. sugar
- 3 tsp. Worcestershire sauce
- 3 tsp. mustard
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 2 fresh whole chickens, cut in serving-size pieces

In small saucepan over medium heat, cook onion in hot oil about 5 minutes until soft. Add ketchup, lemon juice, sugar, Worcestershire sauce, mustard, salt and pepper. Simmer 20 minutes.

Rinse chicken and pat dry. Cook on greased grill or broiler rack about 20 minutes. Baste with sauce, then turn over chicken. Cook 15 minutes. Baste again. Cook 5 minutes longer or until chicken is no longer pink in center, turning and basting as needed. Makes 8 servings.

Berry pie wins; rice recipes due

Teresa Schrenker, St. Louis County, is the winner of this week's recipe contest for Strawberry Glace Pie. The prize is dinner certificates from the Pasta House Co.

BLUE RIBBON COOK A thin ribbon of cream cheese sits between the baked pie shell and fresh strawberries with a sweet berry mixture that sets all ingredients in place. A few fresh berries are saved for the top.

She tries to keep fat and calories low for pie by using nonfat cream cheese and a lower-fat crust. Whipped cream or topping is optional.

Recipes for the Rice Recipe Contest are due Tuesday (June 30). A winner will be rewarded each Wednesday during July, so readers of Today's Food have a

bonus, an opportunity to win one of five times. A single household can submit a single recipe to: Rice Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

As usual, if there is a history to the recipe, it will be considered part of the entry. Along with taste and eye appeal, it will form the basis for selecting winners.

Originality will be considered, although the recipe need not be original. If possible, name the recipe's source. Include the name of the Journal you receive.

Winners are notified by mail. Duplicate entries will be considered on the basis of earlier entry or best compliance with the rules. Contest winners may enter again six months after the prize-winning publication date.

STRAWBERRY GLACE PIE

- 1 qt. fresh strawberries
- 1 cup water
- 1 cup sugar
- 3 tsp. cornstarch
- 3 oz. fat-free cream cheese, softened
- Single-crust pie pastry, baked, cooled
- Whipped light cream

Wash, drain and hull strawberries. Reserve 1/2 cup attractive berries for garnish. Simmer 1 cup berries with 1/2 cup water about 3 minutes.

Blend sugar, cornstarch and remaining 1/2 cup water in small bowl. Add to boiling mixture. Boil 1 minute, stirring constantly. Remove from heat. Let cool; mixture can be used when slightly warm, if desired.

Spread cream cheese over cooled pie shell. Arrange remaining 2 1/2 cups berries, stem-side down if desired, over cheese. Pour cooled mixture over and around berries.

Garnish with remaining 1/2 cup berries. Serve with whipped cream.

GRILL LINE AIDS PATIO COOKS

The Weber Grill-Line offers barbecue tips and takes requests for a free booklet, "A Barbecue's Dozen of Rib-Tickin' Recipes," with step-by-step directions for preparing 13 different grill and side dishes.

The toll-free number for the booklet or video is 1-800-GRILL-OUT.

Recipes

RANCH TACO CHICKEN SALAD

In large nonstick skillet over medium-high heat, cook 1 pound boneless, skinless chicken breast, sliced, and 1 tablespoon chili powder in 1 tablespoon hot oil 8 minutes or until chicken is cooked through.

In large bowl, toss chicken with 1 package (1 pound) salad greens, 1 jar (8 ounces) salsa, 1 cup ranch salad dressing and 1 cup (4 ounces) grated reduced-fat sharp cheddar cheese.

Just before serving, top with crushed baked tortilla chips.

Makes six (1 1/2-cup) main-dish salads.

CHEDDAR-BROCCOLI DIP

Warm 1 package (8 ounces) process cheddar cheese, cubed, 1/2 cup frozen chopped broccoli, thawed, 2 tablespoons milk, and 2 tablespoons bacon bits until cheese melts, broccoli is warm and mixture is well combined. Serve warm as a dip with thin wheat snack crackers.

PORK STOP SETS GRILLERS ON LOCAL TRAIL

The U.S. Census Bureau may not list the occupation of "chopologist," yet, but grilling fans Bill and Cheryl Jamison consider it an honorable job this summer as they travel the countryside with sizzling samples of pork sandwiches inspired with regional sauces.

They will fire up the grill with favorite flavors of the Midwest from noon to 2 p.m. July 1 in Kiener Plaza, across from Busch Stadium, as an early prelude to the evening game, when the St. Louis Cardinals take on the Kansas City Royals, across-the-state rivals in inter-league play.

Grilling fans will have an opportunity to score with grilling questions and pork trivia answers to win giveaways and the Jamisons' new cookbook, "Born to Grill: An American Celebration."

Today's Food

Hang 'Gone fishing' sign on way to seafood case

By Kathy Hanewinkel
Correspondent

Celebrating Alaskan Surimi Month is easy. It requires neither a trip to Alaska nor equipment for fishing, yet it seduces people into becoming hooked on a convenient, delicious food. Surimi is seafood made from Alaskan pollock from

the Bering Sea that imitates crab and other shellfish flavors. It is inexpensive, compared to the Alaskan king crab it imitates. It comes precooked, too, so it only needs to be thawed if it is frozen, then be eaten. On first sight, surimi doesn't seem familiar enough to catch people's fancy. But it is attractive in taste and price. It has a certain sweetness that

beckons, with a salty tang. It is a good alternative to expensive crabmeat, especially for more frequent seafood eating. If care is taken in keeping it frozen or refrigerated, it is safe because it already is cooked. It is high in protein and carbohydrates, low in fat and calories. Surimi contains no monosodium glutamate. It can be eaten hot or cold. It comes in four styles: whole leg, mini cut leg portions (great for stir-fry), chunks and shredded — with the added bonus of no shell to remove. Using it in a main dish, like this risotto with seafood, means it can be added at the end of heating because the warmth in the dish simply permeates the already-cooked

RISOTTO CON FRUITI DI MARE

- 1/4 cup olive oil
- 2 cups uncooked short grain rice
- 1/2 cup chopped onion
- 2 ribs celery, chopped
- 2 cloves garlic, minced
- 1/3 cup chopped green bell pepper
- 3 cups chicken broth

surimi. When cooking raw fish in a microwave oven, it needs to change color to turn white or pink and opaque as it cooks. Fish is a high protein food, so it can become tough and dry if cooked at

- 1 bottle (6 oz.) clam juice
- 8 oz. fresh zucchini, broccoli or asparagus, chopped
- 1 cup frozen peas, thawed
- 1/2 cup snipped fresh parsley
- 1 tsp. basil
- 1/2 tsp. white pepper
- 12 oz. surimi (imitation crab) seafood, chunk or flake-style
- 1 cup grated parmesan cheese

In 3-quart casserole, microwave oil 1 minute on

high power. Stir in rice, onion, celery, garlic and green pepper. Microwave on high power 5 minutes. Stir in chicken broth and clam juice. Microwave on high power 15 minutes. Add zucchini, peas, parsley, basil and pepper. Microwave on high power 10 minutes, stirring after half the time. Stir in surimi. Let stand, covered, 10 minutes. To serve, sprinkle each serving with cheese. Makes 4 servings.

For more information, write to: Alaskan Seafood Marketing Institute, 1111 W. 8th St., Suite 100, Juneau, Ala. 99801-1895. Home economist Kathy Hanewinkel specializes in microwave cooking.

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PLANTATION PORK CHOPS

- 4 pork chops with or without bone (about 1 1/4

- inches thick)
- 1/2 cup cider vinegar
- 1/2 cup molasses, sorghum or cane syrup
- 1/2 cup prepared mustard
- 3 tsp. Worcestershire sauce
- 1/2 tsp. crushed red pepper flakes

Combine vinegar, molasses, mustard, Worcestershire sauce and red pepper in resealable plastic bag. Add chops. Press mixture to cover all surfaces. Seal bag. Let stand at room temperature up to 1 hour, or refrigerate as long as overnight.

Remove chops from marinade and discard marinade. Grill pork over medium-hot coals 12 to 15 minutes, turning as necessary to brown evenly. Serve immediately. Makes 4 servings; 290 calories, 29 g protein, 11 g fat, 200 mg sodium.

LEMON YOGURT COOKIES

- 1/2 cup (1 stick) margarine, softened
- 1 1/4 cups granulated sugar
- 1/2 cup lemon or plain nonfat or low-fat yogurt
- 2 egg whites or 1 egg
- 1 tsp. grated lemon peel
- 1/2 tsp. vanilla
- 2 cups uncooked oats (not instant)

1 1/2 cups flour
1 tsp. baking powder
1/2 tsp. baking soda
1/4 cup confectioner's sugar
Beat together margarine and granulated sugar until creamy. Add yogurt, egg whites, lemon peel and vanilla. Beat well. Combine oats, flour, baking powder and baking soda. Add to creamed mixture. Chill, covered, 1 to

3 hours. Preheat oven to 375°. Lightly coat cookie sheet with nonstick cooking spray. Using lightly floured hands, shape dough into 1-inch balls. Place on prepared cookie sheet. Flatten with bottom of glass dipped in a little more granulated sugar. Bake in preheated oven 10 to 12 minutes until edges are lightly browned. Cool 2 minutes on cookie sheet, then remove to wire racks to cool completely. Sprinkle with confectioner's sugar. Store tightly covered. Makes about 4 dozen; 70 calories, 2 g fat, no cholesterol and 45 mg sodium each.

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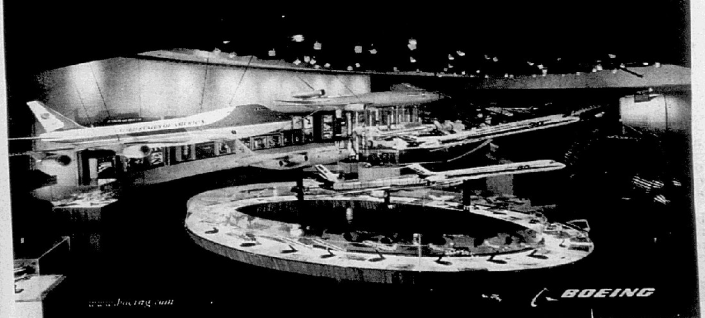
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- 1 lb. lean ground beef
 - 1 can (8 oz.) tomato sauce
 - 1 can (15 oz.) kidney beans
 - 2 tbsp. white vinegar
 - 2 tbsp. chili powder
 - 2 tsp. minced onion
 - 1/4 tsp. garlic powder
- Brown ground beef. Drain fat, if necessary. Add tomato sauce, beans and vinegar. Season with chili powder, onion and garlic powder. Simmer, covered, 40 to 50 minutes, stirring occasionally. Makes 4 servings.

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Today's Food

People who treasure health plan to stay on their toes

By Jananne Finck
Correspondent

Exercise plus nutrition are important lifestyle factors affecting health. According to the University of Illinois Extension, a regular exercise program is a must in managing weight.

WISE WAYS

Most people to live longer and better. First and foremost, people who lead an active lifestyle have more energy for things they want to do. For the long run, they are less likely to become disabled or ill. Studies link regular

physical activity to a reduced likelihood for developing coronary heart disease.

The university offers the following exercise tips:

- Wait two hours after eating before exercising.
- Include warm-up and cool-down stretching before and after activity.
- Wear loose-fitting clothes appropriate for the weather.
- Drink cool water before, during and after exercise. Replacing water lost by sweating is crucial, even though a person may not feel thirsty. Avoid overly sweet drinks, tea, coffee and soft drinks with

caffeine.

- Avoid outdoor physical activity during extreme weather conditions.
- Don't overdo. A person should recover from exercise within 10 minutes.
- Check with a doctor immediately if noticing such symptoms as chest pain or pressure, heart irregularity or unusual shortness of breath.
- Any type or amount of exercise is better than none.
- Visit a doctor before starting an exercise program to review current health status and discuss exercise plans.
- Don't be discouraged. It

may take 4 to 6 weeks of exercise before any change is noticed.

Registered dietitian
Jananne Finck is nutrition
and wellness educator with

the Illinois Extension
Service at the Springfield
Center.

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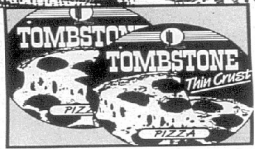
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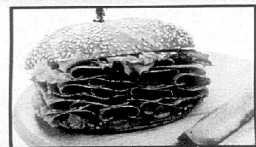


SIZES 3, 4 OR 5
Pampers Mega
Pack Diapers

1599
88-84 CT.
PKG.

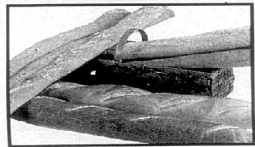
SIZES 3, 4 OR 5
Luvs Mega
Pack Diapers.. **1399**

Deli/Bakery/Seafood VALUES



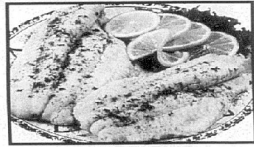
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Kaiser Rolls..... **99¢**

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ASSORTED VARIETIES
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Genuine Draft or
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30/12-OZ.
CANS



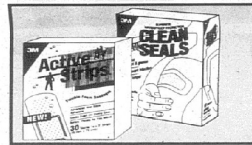
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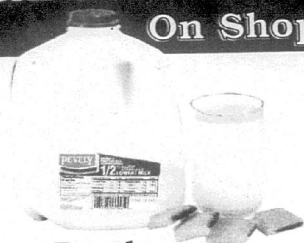
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Milk

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Milk

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**Boneless Chuck
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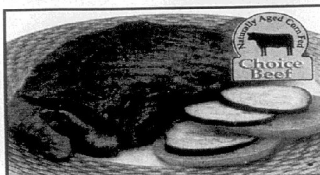
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Split Chicken
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LIMIT 3 PACKAGES



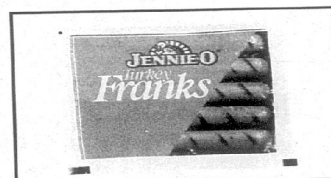
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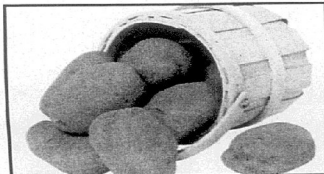
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Arkansas
Tomatoes.....

88¢
lb.

Dole Cello
Carrots.....

78¢
2-LB. BAG



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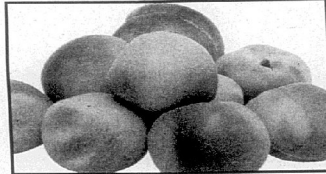
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Automotive

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GMC's new Sierra shines on a snowy day

By Tom Strongman

What do you get when you take a Sierra (GMC) to the Sierras (mountains) in March? Snow. Ankle-deep.

That's what a handful of journalists encountered when we went to Yosemite National Park to drive prototypes of GMC's redesigned full-size pickup truck which goes on sale in the fall.

The snow was less of a surprise than the 1999 Sierra. Even though thinly disguised versions have been making their ways around the auto show circuit since January, and even though its appearance is quite similar to the current model, the new truck is a quantum leap forward in function. It is bigger, quieter, more powerful, gets better mileage and stops with authority, something that could not be said of the old truck.

The new family of Vortec V-8 engines makes it feel like a Corvette engine is lurking under the hood; four-wheel disc brakes (anti-lock standard) are bigger; and the cab has more room in both regular and extended versions. Even the wheels are bigger.

As with the Cadillac Seville, GM's stylists crafted a design whose exterior is very close in appearance to the vehicle it replaces. It has a sloping hood, cat-eye headlights and a large grill that dips into the front bumper for a bright, aggressive look that distinguishes it from the nearly identical Chevrolet Silverado. The wheelbase is 1.5-inches longer, driver ergonomics have been dramatically improved and the ride is more like a car than a truck.

The only thing they left out was a fourth door on extended-cab models. This would seem to be a major oversight when Dodge and Ford each offer four doors. GM officials said a fourth door might be available next year.

General Motors sells more than 700,000 full-size GMC and Chevrolet pickup trucks, which tells you how important this vehicle is. Redesigning your best seller is the kind of job that keeps auto executives awake at night. Get it right and sales will soar; get it wrong and a huge chunk of business is jeopardized.

GMC is positioning the Sierra as a premium pickup, with more standard equip-



ment than the Silverado. Even though I got to sample various models, I happened to spend the most time in an extended cab Sportside with the 4.8-liter engine and automatic four-wheel drive. The leather, uplevel premium seats were better than many luxury cars. Not only did they have lumbar support that felt like a large hand holding my back, but the seat belts were built into the seat so they always fit right no matter how the seat was adjusted. The regular seats were good, also, just not as adjustable. Seat travel is about one-third greater.

The extended-cab is 3.7-inches longer than before, and most of the extra room gives back-seat passengers usable leg room. The rear seat reclines 18 degrees and actually is comfortable for a couple hours at a time.

The view out the front is panoramic, and side mirrors are huge. Visibility is also improved by larger side windows than the older truck.

From an ease-of-use perspective, the new instrument panel is a winner. The gauge package resembles that of a Corvette. It is easier to see because the second-generation air bag in the steering wheel is smaller. There are warning lights for 18 functions as well as a read-out for hours of engine use, critical to real truck users. There is also a readout for transmission fluid temperature, again a welcome feature for those who might do a lot of trailer towing.

Interior heating and cooling has been increased by 40 percent. The system is

quiet and efficient. On a cold morning, rear seat heat ducts give warmer feet after only 10 minutes.

The Vortec V-8 family has three new engines: a 4.8-liter, 5.3-liter and 6.0-liter. The 4800 has 255 horsepower, the 5300 has 270 and the 6000 has 300. The 5300 snaps to attention and revs furiously under heavy throttle. In a zero-to-80-mph acceleration and braking demonstration against similarly equipped models from Ford and Dodge, the 5300 was the clear winner time and time again.

These engines have so little vibration they feel like overhead-cam units. I spent most of my time driving the 4800. Not only is it smaller than the engine it replaces, it makes more power and uses less fuel. It also takes up less space under the hood, which is why the cab can be bigger.

It handled itself well while climbing the hilly roads into the mountains. The automatic transmission has a Tow/Haul mode, which lengthens the time between gear shifts.

Ride quality is exceptionally smooth, even in four-wheel-drive models. That is helped by the longer wheelbase and stiffer frame, which allows the suspension to be tuned for a more compliant ride.

For a definitive evaluation I will wait for a regular production unit, but based on my time in a pre-production model, I can say GM has done its homework well and the results show it.

Points & Plugs

Economist says road tolls could reduce traffic jams

By Rick Stoff

An old idea is rearing its head in transportation circles -- road tolls.

New technology makes it possible to levy tolls on passing cars. Electronic devices already in use can automatically trip toll collectors. Motorists then can be billed for road use. Drivers sailing past toll stations without the correct transponder could be nailed after the fact, since automatic cameras would record their license plate numbers.

It is suggested that tolls can be varied by hour and day to discourage road use during peak traffic hours and thus reduce congestion. Gary S. Becker, a Nobel Prize-winning economist at the University of Chicago, recently wrote a column in Business Week magazine that placed the cost of traffic congestion in the U.S. at \$75 billion each year. He said the value of wasted fuel and time averages \$11 hourly per person. But here's where the politicians will become interested.

"Electronic tolls are user fees that would provide revenue to cities pressed for funds because of narrow tax bases," Becker said. "Yet unlike taxes, these fees might be welcomed by drivers if they saved time, fuel and human energy by alleviating traffic jams."

Tolls are being discussed in Congress, to the disappointment of the American Automobile Association. AAA believes motorists should not be charged tolls to travel over roads built and maintained by taxes they already have paid.

We think it's an effort to tax the motorist twice, once through the form of gas taxes, which are collected to build and maintain roads, and again when the motorist goes through the toll booth," said AAA spokesman Bill Jackson. Critics contend federal laws that established the U.S. interstate system in 1956 forbid tolls on those highways. However, tolls designed to discourage congestion are being collected on Interstate 15 in San Diego and Interstate 10 in Houston. Becker argues that the benefits of tolls, if implemented to discourage road use during busy hours, would justify their imposition.

The average speed at peak times in many cities is less than nine miles an hour," he said. "Most governments pay little attention to the sizable hidden time and other costs imposed by horrendous traffic congestion in their metropolitan areas."

Road user charges imposed by electronic meters would induce some people to change their work, living and shopping patterns," he said. "Commuters who value their time highly might be willing to pay stiff fees during congested periods, but retirees and young persons with cheaper and more flexible time would alter their driving patterns to avoid costly surcharges."

"Some would consider shifting to buses and commuter trains," Becker said. "More trucking companies would opt to deliver goods during the evening and other off-peak periods to bypass costly tolls during peak times. Neighbors would car pool, and families might move closer to work to reduce toll charges."

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BE PART OF A GREAT TEAM!

Apply at:
108 So. Hwy. Dr.
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800-545-7822

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Now Hiring:

- Front Desk Rep
- Asst. Housekeeping Supervisor
- Housekeepers

We are looking for upbeat, friendly people to join our team. Competitive wages and central location. Please apply in person.

1205 S. Kirkwood Rd.
(44 & Lindbergh)
Kirkwood, MO
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DRIVERS WANTED

Experienced city LTL drivers wanted. Day hours, insurance, new pay structure. These are full time positions, not casual work. Must have minimum 1 year experience and Class A CDL with Hazmat endorsement.

Apply in person
COPP OF ST. LOUIS
8025 Hall Street
St. Louis, MO 63147

DRIVERS MOVERS PACKERS & HELPERS

Must have household good moving exp. Competitive salary. Apply in person.

Van Der Ahe
Van Lines
600 Rudder Rd
Fenton, MO
No phone call please

DRIVERS

.35¢ per mile
All Miles Paid!
With guaranteed minimum of 25¢/mi. Must have OTR rated TT experience and HazMat endorsement.
Satellite dispatch
Conv. tractors
Home most weekends
CALL TODAY!!!
800-621-2437

LAUNDRY AIDE

Full or part time positions possible. Must be able to work flexible hours and have transportation to work on call basis at least 2 days a week. Offer an excellent benefit package and competitive wages.

Apply in person to:
UNIVERSITY MANOR
1068 UNIVERSITY DRIVE
EDWARDSVILLE, IL 62025

COOK

Maryville Manor is currently accepting applications for a cook, evening shift. Please apply in person M-F, 10-4.

Maryville Manor
2133 Vandalia Drive
Maryville, Illinois
288-5999

AGRONOMY CAREER OPPORTUNITY

We have opportunities for aggressive individuals seeking careers in agriculture to work at local FS cooperatives. Our goal is to develop Human Resources to work with our skills and a career goal to determine a match with one of our cooperatives. Positions available are:

- CROPS SALES MANAGER
- Recruit, lead, train & supervise sales force toward achievement of sales and income goals.
- Develop, implement and administer marketing programs.
- Develop departmental budgets for units, units, and expenses in conjunction with management staff.

AGRONOMY SPECIALIST

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Get in to La Quinta Inns - one of America's fastest growing hotel chains. Excellent opportunities now exist for dedicated individuals to share in the excitement and success of our La Quinta Inns. St. Louis - support location. The following position is available. Training will be provided.

Room Attendants

La Quinta offers competitive wages and an excellent benefit package. For consideration, please apply in person at our La Quinta Inn at 5781 Campus Court, Hazelwood. No calls please. Come by and get INN on it.

AVOE

La Quinta
THE NEWEST ROOM ON THE ROAD

MOTEL 6

1860 Bowles Ave.
(Across from Chrysler)
We'll leave the light on!

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HOUSEKEEPERS MAINTENANCE

Hotel 6 is seeking a person to work in a great team environment, on a flexible schedule. We offer great benefits and better than average wage. Apply in person.

MOTEL 6
3655 Penridge
Bridgeton, MO
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DRIVERS NEEDED

OWNER OPERATORS

(St. Louis Area)

Hays is a \$2 billion worldwide group of companies built on a foundation of long-term relationships with its customers and its owner/operators.

We are seeking independent contractors with strong customer service skills to deliver goods for a leading St. Louis area retailer.

Own/Lease your own truck!

- Home every night
- High level of responsibility - insurance options
- Excellent annual earnings potential
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We are looking for independent contractors who can OWN/LEASE/PURCHASE a 26' truck. Interested... please call:

618-798-5306

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APT. MAINTENANCE

Northwest County Apt. Community. Must have knowledge of all aspects of apt. maintenance. HVAC, electrical and plumbing. Salary open. Apply: 3745 Lynn Dr., St. Louis, MO 63114 or phone 314-429-1528.

BUDGET INN

Has immediate openings for:

- Room Attendant
- Front Desk Clerk
- Asst. Housekeeping Svpr.

Competitive wage and benefits offered. Paid training. Apply in person or send resume to:

12330 Dorsett Rd.
Maryland Hgts. MO 63043
EOE

HAMPTON INN WESTPORT

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HAMPTON INN WESTPORT
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ASSEMBLERS

St. Louis manufacturer needs individuals with mechanical and/or assembly experience in the automotive industry. Must be capable of working close tolerance. Read blueprints and supplying own tools. First shift position. We have a smoke free environment, and offer a competitive benefit package. Send resume to:

Assemblers (A)
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St. Louis, MO 63106

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DS CABLE
5621 Delmar
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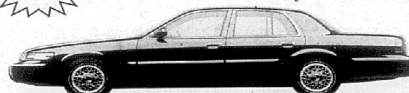
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